

Self-Reg and DIR/Floortime with Dr. Stuart Shanker

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Summary: Self-Reg focuses on reframing misbehaviour as stress behaviour, focusing on recognizing the cues indicative of stress before the stress behaviour occurs in order to have a calming and regulating effect on the child

- ✓ **Dr. Shanker was trained for five years by Dr. Stanley Greenspan in child psychiatry and they shared a desire to see a universal program for children that eventually became Self-Reg**
- ✓ **A child's ability to think, speak, and formulate ideas are suppressed by acute stress so when a child or a teen goes into flight or flight, what they hear is limbic cues (i.e., what look is in your eyes or other non-verbal language), not what you're saying**
- ✓ **When you see the child's behaviour as stress, you relax, your tension comes down, and you can transmit the affect cues that tell the child that (s)he is safe so the child feels nurtured**
- ✓ **We can teach children to pause when they feel stress and take the steps to self-regulate when we internalize and learn how to take care of our own regulation as parents or educators**

Link to this blog: <http://affectautism.com/2018/08/27/self-reg-and-dir/>