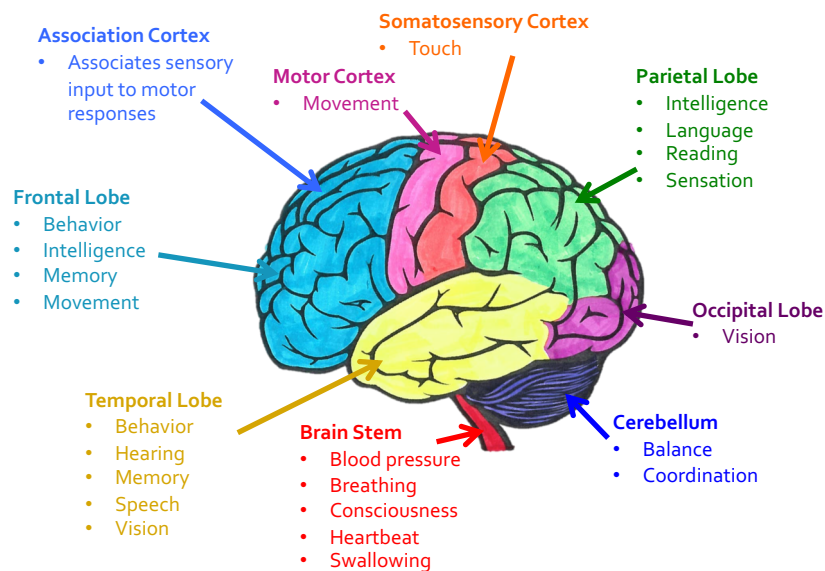


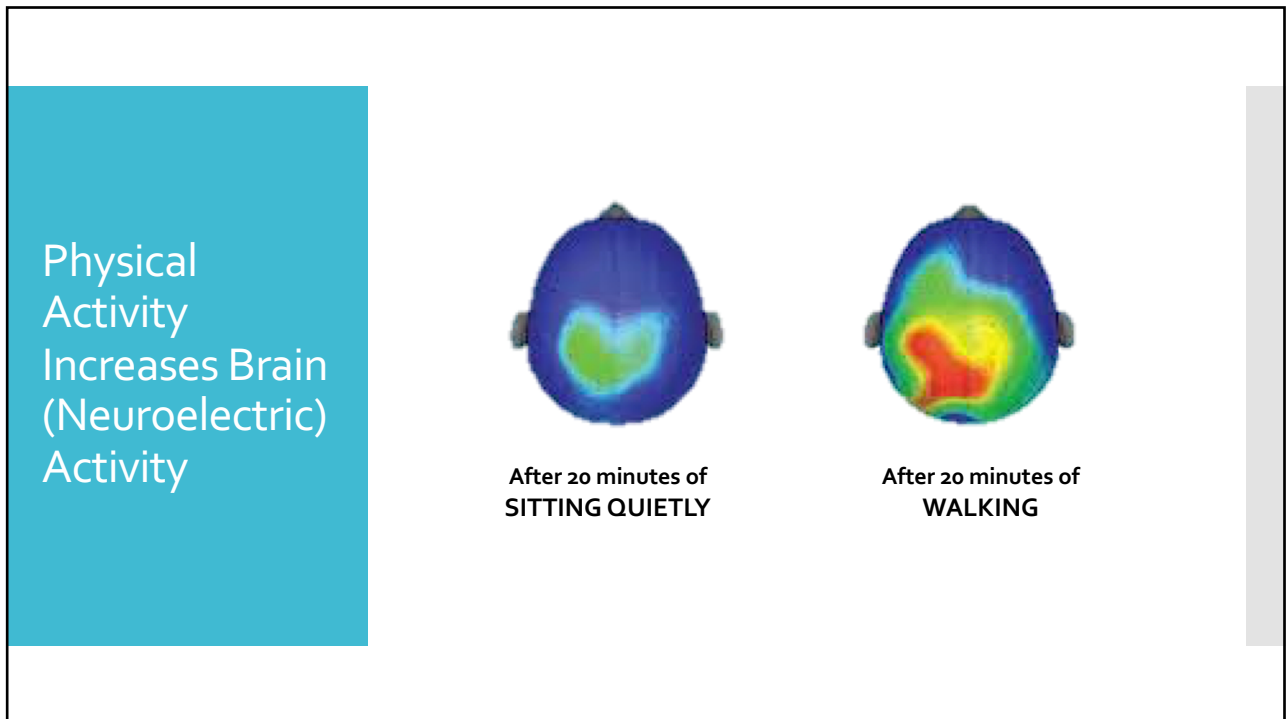
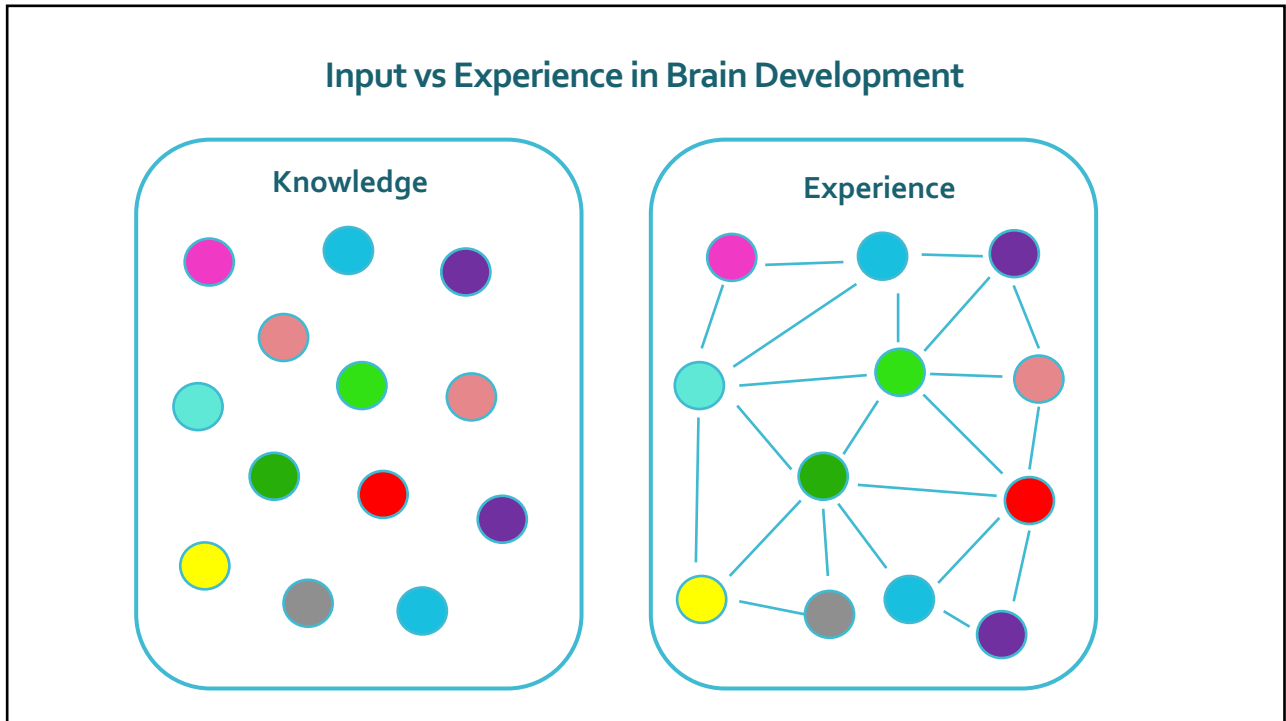
The Foundations of Self-Regulation

Mari Hubig, M.Ed.
EHDI Conference
March 5, 2019



The Parts and Function of the Brain





Executive Function



Working Memory



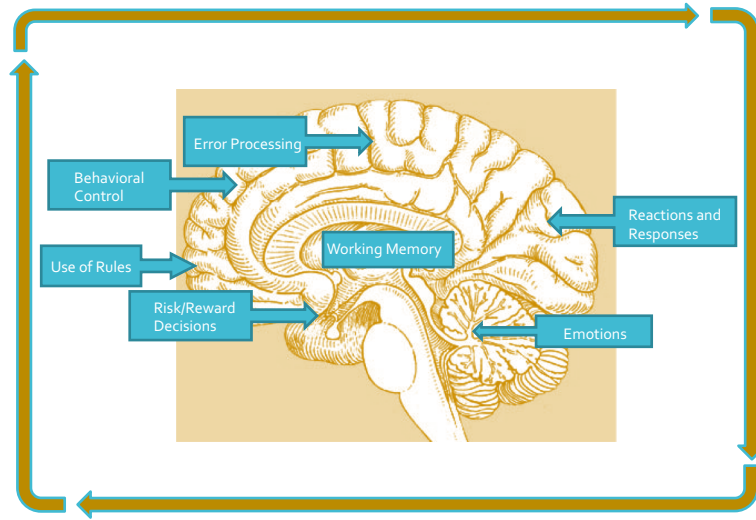
Mental Flexibility



Self-Control

Potential to Develop is There





Each type of executive function skill draws on elements of the other skills

Adult Facilitation of Child Executive Function Skills



Establish dependable routines



Model social behavior



Offer activities to foster creative play and social connection



Create and maintain supportive & reliable relationships

Adult Facilitation of Child Executive Function Skills



Teach ways to cope with stress



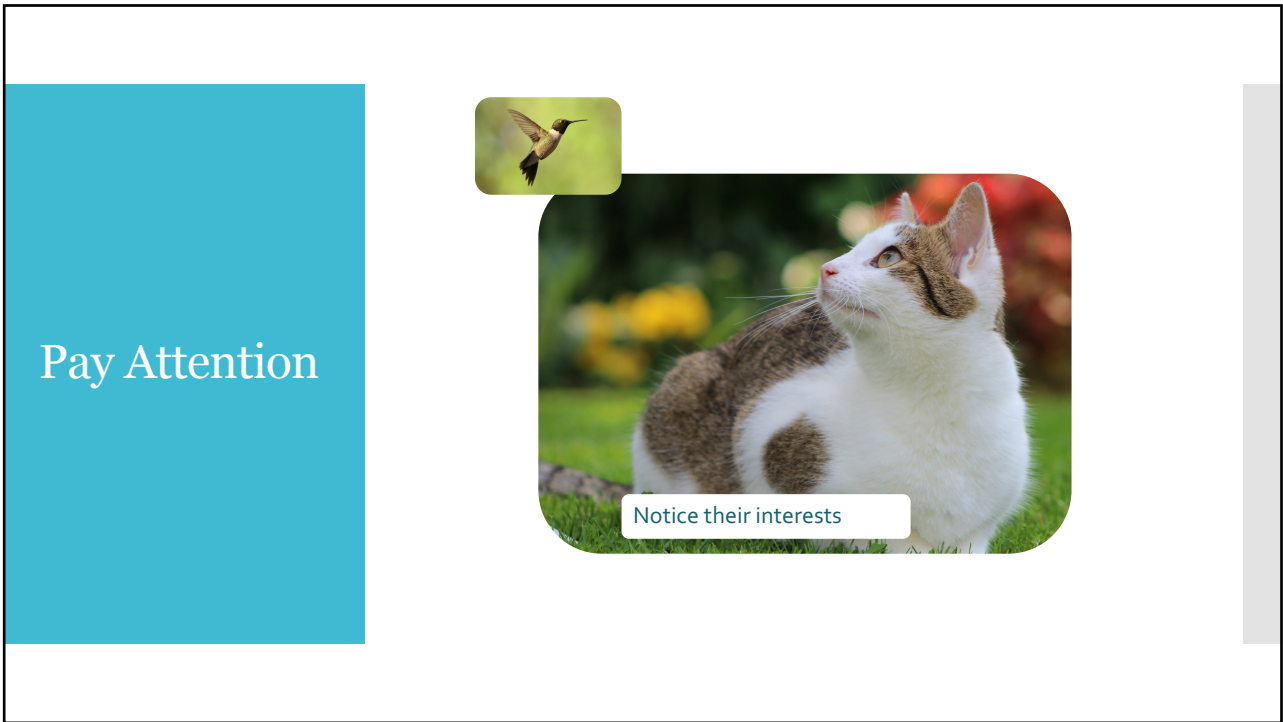
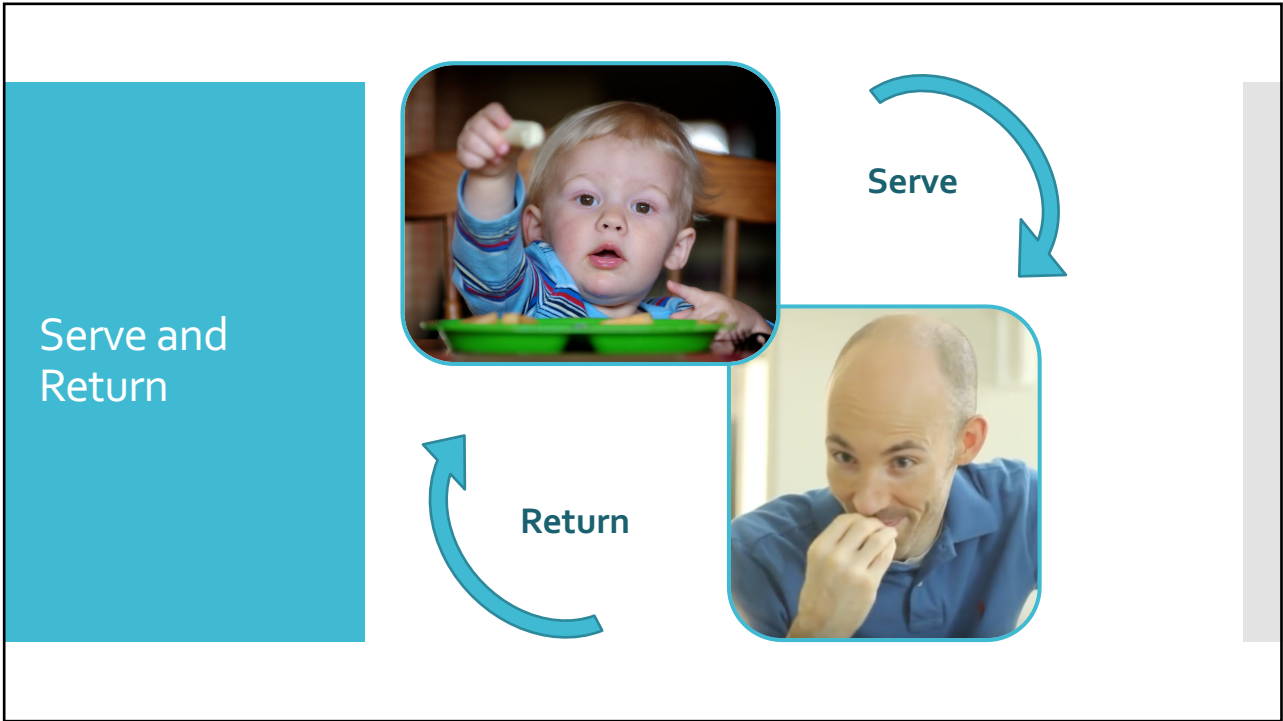
Encourage vigorous exercise



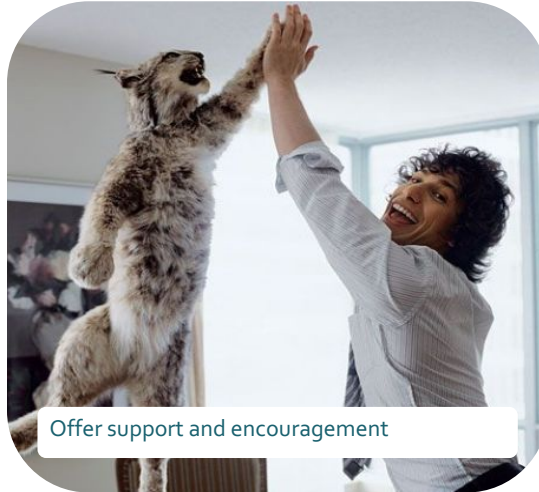
Provide opportunities for autonomous decision making

Executive Function in Action



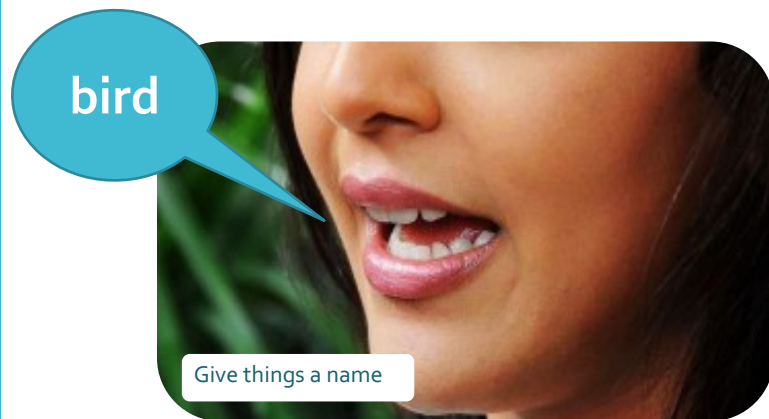


Return the
Serve



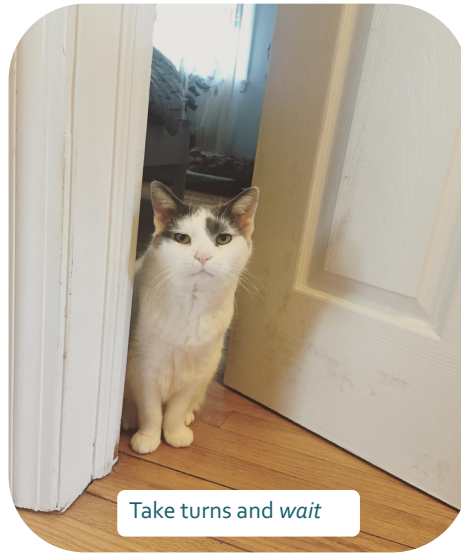
Offer support and encouragement

Make
Language
Connections



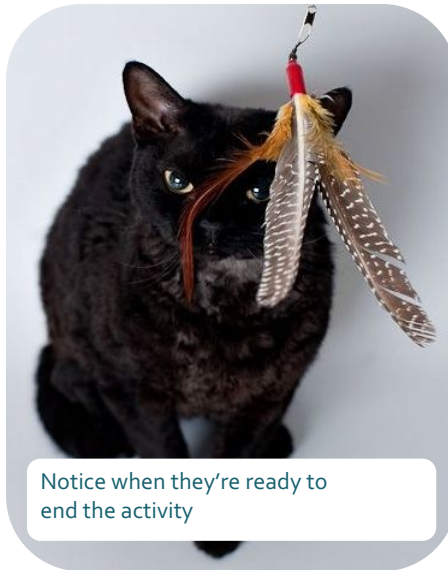
Give things a name

Back and Forth



Take turns and wait

Endings and Beginnings



Notice when they're ready to end the activity

Still Face Experiment

Watch the the child's emotional response when her mother doesn't return the serve . . .



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