

**Self-Regulation in Young Children**

**Friday, September 11, 2015 1:00 – 3:00pm Eastern Time**

**UK Coldstream Research Campus**

**Human Development Training Room**

**1525 Bull Lea Road, Lexington KY 40511**

**with live videoconferencing to sites around the state**

**Presenter**

***Julie Kraska, OT/L, Kraska & Associates, Inc.***

Children who have developed self-regulation find it easier to take turns, make friends, adapt to school and home routines, follow classroom rules, and problem solve. If you are spending hours in a day attempting to calm a child, you may have a child with self-regulation difficulties. Most children can self-calm, but children with regulatory difficulties do not have strategies to calm! Once upset, they require extra effort to calm. This presentation will provide a general overview of key brain structures that contribute to efficient self-regulation abilities. Common behaviors observed in children with self-regulation difficulties will be discussed and effective strategies that can be implemented at home or in the classroom will be discussed.

Learning Objectives:

1. Be able to define self-regulation.

2. Understand the key components of brain development that contribute to the development of efficient self-

regulation.

3. Identify the most common behaviors observed in the classroom or home that may indicate a child is

struggling with self-regulation issues.

4. Identify, and be able to implement, at least 5 strategies to use in the classroom or home to help children

control their moods, self-calm, delay gratification, and tolerate changes in order to increase their participation

in daily activities and strengthen social-emotional health. 

**CEU’s pending in Rehabilitation Counseling, Effective Instructional Leadership, Social Work, and Early Care & Education**

***Registration:*** *Electronic registration will open* ***August 11, 2015****. Visit* [*www.hdi.uky.edu*](http://www.hdi.uky.edu)

*and select your attendance site. To become a remote site or for help registering, contact* [*walt.bower@uky.edu*](mailto:walt.bower@uky.edu)