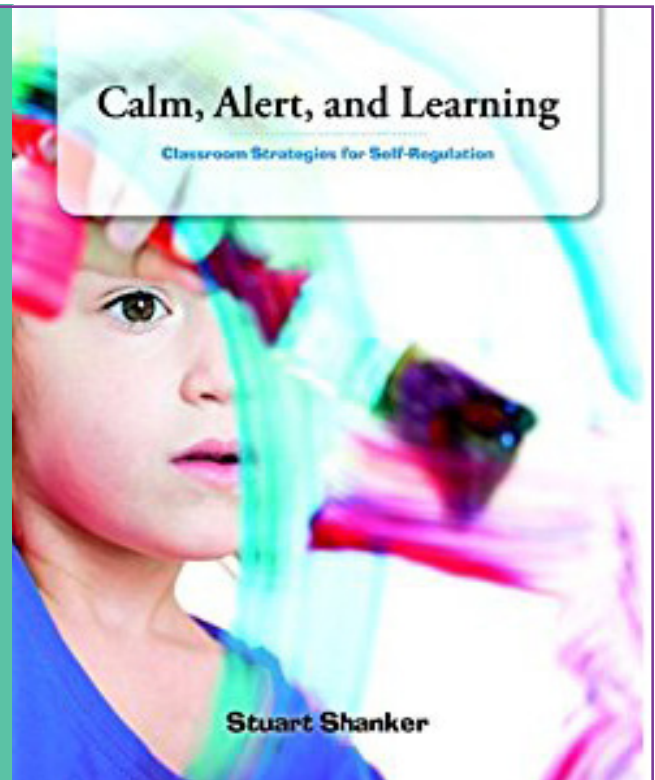


Supporting Young Children's Self-Regulation

A Full Day Institute *with*
Dr. Susan Hopkins,
Executive Director
of Stuart Shanker's
Organization, The
MEHRIT Centre (TMC)



The MEHRIT Centre
<https://self-reg.ca/>



Morning Workshop: Self-Regulation and the Early Years

It has been shown that a child's early years are a crucial time for brain development. During this period, young children are confronted with unique stressors across all five domains of the Shanker Self-Reg[®] model. This presentation looks specifically at the early years through the lens of self-regulation, stress and early relationships, and how Self-Reg can help children deal successfully with these challenges and begin to learn how to manage these new stresses on their own. Topics include:

- The role of relationships in early brain, emotional and social development
- Co-regulation: the foundation for self-regulation
- The Interbrain: nature's "bluetooth" hook-up that connects a young child's brain to a parent's/caregiver's brain
- The meaning of safe for babies, toddlers and preschoolers
- Stressors (including hidden stressors) that affect young children
- Self-Reg strategies that reduce young children's stress and foster healthy relationships

Afternoon Workshop: Looking at Resilience Through a Self-Reg Lens

Many educators and mental health professionals share the idea that resilience is a key component of children's mental health and optimal functioning. The question is, can we build resilience in our children, and if so how? This presentation looks at the connection between resilience and self-regulation and how Self-Reg strategies can be used to protect and enhance resilience in children. Topics include:

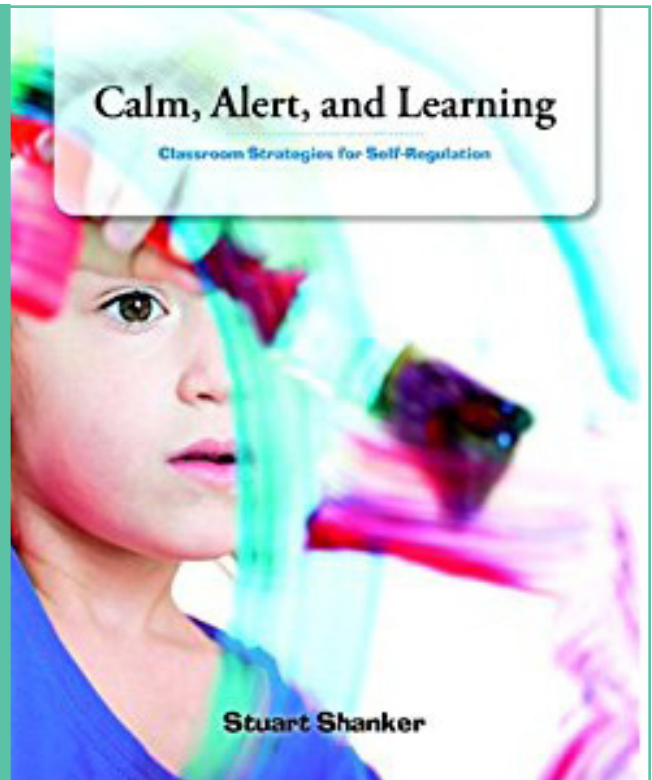
- Brief introduction to Shanker Self-Reg[®]
- Definition of resilience and research into resilience
- How resilience overlaps with Self-Reg
- The role of stress awareness in resilience
- Self-Reg strategies that enhance resilience by improving stress awareness and management

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Dr. Susan Hopkins

A passionate advocate for children, families, schools and communities, Dr. Susan Hopkins has been leading Dr. Stuart Shanker's organization, The MEHRIT Centre (TMC) as Executive Director, since 2014. As a one-time at-risk youth who quit high school twice, Susan went on to complete four degrees. Over the course of Susan's career, she has worked in every area of education from the early years to post-secondary and across continents from Italy to the Northwest Territories. Under Susan's leadership, The MEHRIT Centre has grown and developed into a highly respected, accessible, and successful centre of teaching and learning. In addition, Susan brings her skills to Stuart's self-regulation research centre (SRI) as the lead researcher for SRI's fourth area of focus: The Practice of Self-Reg.

Registration Information

Saturday January 26, 2019

8:30am to 4:00pm (8:30am - Registration and Light Breakfast; 9:00am - Morning Workshop: Self Regulation and the Early Years; 12:00pm - Lunch and Networking; 1:00 pm - Afternoon Workshop: Looking at Resilience through a Self-Reg Lens)

ECCDC Conference Room, 3340 Schmon Parkway, Thorold

Cost: \$125 includes continental breakfast, lunch, and attendance at both workshops

To register, contact 905.646.7311 ext. 304, eccdc@eccdc.org or www.eccdc.org. Please register early as spaces are very limited.