



The MEHRIT Centre

and

CK Early Years Professional Development Committee

Self-Reg and Explosive Behaviour: Why and Why Now?

Sat., Nov 2nd, 2019

9:00am – 12:30pm

St. Clair College Rm 136

1001 Grand Ave West. Chatham

Parking is Free. Not a catered event – Feel Free to bring a snack/drink

**This workshop is intended for all professionals working
with children in early years settings.**

This is a free training opportunity for the Chatham-Kent community.
Need to cancel your registration? Please call: 1-866-720-7975.

Click to Register

or visit www.chatham-kent.ca



Presented by:

Lisa Cranston

This presentation will discuss:

- The nature and incidence of explosive behaviour, including why and why now?
- The relationship between self-regulation, stress and challenging behaviour episodes
- Stress cycles, and how they impact children's inner tension and arousal
- The limbic system, its relationship to extreme acting out behaviour and the
- Implications for interacting with children with extreme behaviour problems
- A review of Shanker Self-Reg® and The Shanker Method® and how Dr. Shanker's approach can help adults understand and mitigate the stressors that underlie explosive behaviour
- The importance of relationships in supporting and building self-regulation in children

WWW.SELF-REG.CA