

To Co-Regulate or Demand Compliance? Supporting teachers' use of co-regulation strategies with children



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Welcome!
Introductions!



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Objectives: At the end of the conversation successful participants will be able to:

1

Describe the difference between coregulation and compliance

2

List 10 the specific strategies to support educators

3

Share 10 strategies to help children master self regulation.



3

Current Reality

Increased challenging Behaviors

130% increase in 4 year old's being suspended

18 million hours of suspension

Increased stress!

Increased staff burnout

Increased staff turnover

Children can't learn from someone who doesn't like them!

4



—————
Poll! Let's check in

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What happens early in life – lasts a lifetime!



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Scenarios

Crappling!

How did we get here?

How do we do better?



Children can't learn from someone who doesn't like them!

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Myths about Classroom management! - Changing mindsets!

Administration pushing that myth!

Owners/ directors struggling with accountability and follow through!



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Chasing the why.....

Traditional compliance based: Command/ Demand approach is not working.

"Putting out fires," "pressure cooker"

Control and compliance driven - **fear based**



Teachers don't know what else to do!

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The brain state inside determines the behaviors outside.



3 brain states

How do we define stress?

How do we define Joy?

More is caught, than taught!



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Teachers teach who they are!



A stressed-out teacher teaches stress

A joyful teacher teaches joy!



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Joy is the emotion of learning!

Fun Fact

Stress and joy can't co exist!

When we know better we do better!



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Poll- Lets check in



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Commands per minute! 17-40
(Kids with behaviors get twice
as many)

The more you speak the less
they listen!

Relationship is currency for
many children!



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Self - Awareness: Shifting from
command/demand/compliance
based approach

The difference
between Compliance
and Co-Regulation

Sounds, feels, and looks
different!- Joy juice!



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Lets' define these: Commonly / interchangeably used words

Self-Regulation

Co-Regulation

Self-Control

Impulse control



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One effective strategy for Self-Regulating!

Why?

When?

How?



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Let's meet
Ms. B
SOS
DSD

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What's Behind the pushbacks and resistance?

Insecure- fear of being judged/survival brain

Need to control/fear of losing control

Conditionings

Don't know about brain development

Struggling to keep up with the changes!

Overwhelmed

Perfectionist

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Strategies for Coaching Teachers



1. Your silence is your permission

2. What you put your attention to you get more off!

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Coaching Teachers

3. Positive intent: Passion, talent, enjoyment

Distrust: is not merely the absence of trust but it is an active negative expectation

4. "Confidentiality is the essence of being trusted"

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Teachers who don't trust authority because of their previous experience

Or it could be a teachers experience with certain behaviors that triggers them and they can't handle so they have **fixed mindset** about it.

5. The role of **emotional intelligence**? What is it?

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Coaching teachers



6. Love languages: Cleaning example

School Age

7. The role of the survival brain: **SAIL**

8. 2 types Mindsets

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Coaching fixed mindset.

9. Fears and Barriers

Acknowledge and validate

Behind every behavior, is an emotion.



The more we connect the less we correct!

Attention seeking behavior is a relationship seeking need!

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Intentional Relationships are the heart of leading with emotional intelligence!

10. All about Connections:
Connecting rounds

Inclusion is an emotion!
Feel seen,
Feel Heard
Feel like they belong.



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Compliance Vs Co- Regulation: All about C's!

Paradigm-Shifting, for the educators and also for the children

Connection before compliance!
Connection before curriculum!
Connection before Correction!



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Understanding the fundamentals of the emotional Brain.



Compliance based misses this!

We have to tach to the heart before we can teach to the head!

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Example of snow buddy

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5 strategies for supporting your teachers: For nurturing emotional resilience.

- 1. Our image of the child
Determines our approach/ interactions
- 2. Know their triggers



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3. Social Climate of your Organization

Leadership is the thermostat for the whole program!

Teachers can't give what they are **not receiving!**

Autonomy over their teaching/ environment

A teacher sets the temperature for the classroom!

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4. Observations/feedbacks: **silence equals permission**

The effects on your "A" team and the slackers!

5. Connection between stress/ behaviors - self care is not a luxury its a **necessity**



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Strategies for Self Care!

Brain Breaks

Become your own best friend

Schedule

Growth-mindset

Practice Self regulation



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Self Care is not a luxury it is a necessity!
Create a culture that supports self care!



3 E's - Daily
Energize
Empathize
Exercise

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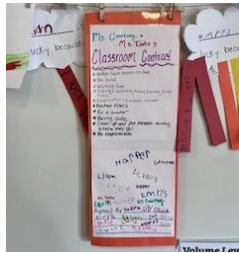
10 Practical strategies for Co-Regulating



1. Music and Movement: Spotify list
2. Games
3. Slowing your pace - brain breaks
4. Practice Kindness/Gratitude
5. Practice coregulation

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6. Reflection after the episode
7. Self Reflection
8. Unconditional love: Words matter
9. Magic of one sense
10. The more we connect the less we connect




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Creating joyful ECE programs



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In conclusion



Another way to think about co-regulation in action!

Download your calm, don't upload their stress!

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Free Resources!
Website TogetherWeGrow.online

Behavior Intervention Specialist Certification



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