



Self-Reg: How to Help Your Child (and You) Break the Stress Cycle and Successfully Engage with Life

Stuart Shanker

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The first parenting book to bring the science and psychology of children's behavior together to build brain/body awareness for self-regulation and success

Self-Reg is a ground-breaking book that presents an entirely new understanding of your child's emotions and behavior that serves as a practical guide for parents to help their kids engage calmly and successfully in learning and life. Rooted in decades of clinical practice and research by leading child psychologist Dr. Stuart Shanker, *Self-Reg* realigns the power of the parent-child relationship for positive change. Self-regulation is the nervous system's way of responding to stress. We are seeing a generation of children and teens with excessively high levels of stress and, as a result, an explosion of emotional, social, learning, behavior, and physical health problems. But few parents recognize the "hidden stressors" that their children are struggling with: physiological as well as social and emotional. An entrenched view of child rearing is seeing our children as lacking self-control or will-power, but the real basis for these problems lies in excessive stress.

Self-regulation can dramatically improve a child's mood, attention, and concentration. It can help children to feel empathy and to develop the sorts of virtues that every parent knows are vital for their child's long-term well-being. Self-regulation brings about profound and lasting transformation that continues to mature throughout life. Shanker translates decades of his findings from working with children into practical, prescriptive advice for parents, giving them concrete ways to develop their self-regulation skills and teach their children how to do the same for optimal learning, social, and emotional growth as well as for overall well-being.

From the Hardcover edition.



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From reader reviews:

John Alfaro:

Playing with family in the park, coming to see the sea world or hanging out with pals is thing that usually you could have done when you have spare time, in that case why you don't try point that really opposite from that. One activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Self-Reg: How to Help Your Child (and You) Break the Stress Cycle and Successfully Engage with Life, you could enjoy both. It is great combination right, you still desire to miss it? What kind of hangout type is it? Oh can occur its mind hangout fellas. What? Still don't understand it, oh come on its identified as reading friends.

Tracy Caudle:

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Richard Eby:

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