

Self-Regulation Activity

Scenario 1. A newborn baby is yawning, drooling, and looks pale. Her arms lie out to her sides and she looks a little dazed. Think about this as a regulation issue.

- What do you think this baby is experiencing? How is the baby expressing how s/he feels?

- What could you do to help her?

Scenario 2. A 3-month-old baby gets startled by a loud noise and then he cries and cries. You are a home visitor trying to help his parent understand what is going on. Think about this as a regulation issue.

- If this baby could talk, what do you think he would say? How is he expressing how he's feeling?

- What could you do to help him?

Scenario 3. A home-based provider has three children in school and a 4-month-old baby she cares for. The baby is calm during the day until the other children come to child care after school. Then he's fretful and unhappy and needs to be held constantly. Think about this as a regulation issue.

- What do you think this baby is experiencing? How is he expressing his feelings?

- How can you help him?