



Teaching Children Self-Regulation Through Nurturing Relationships



Research shows us that *self-regulation skills form in children between the ages of 3 and 7 with the help of nurturing relationships*. Infants do not have control over their brain's regulatory system, although all the pieces are there. They need caring relationships in order for the puzzle to come together. Babies and young children first need the experience of routinely being soothed and nurtured by their parents or caretakers, then when they do begin to self-regulate, they are building onto and strengthening their brain connections from comfort they have already experienced. *When we focus on building positive relationships with children, we are providing them the foundation to learn self-regulation skills.*

As infants grow into *toddler and pre-school ages* and show a lack of focus or poor emotional regulation, it is helpful for parents and caregivers to understand *they are not "bad kids" or "out of control"*. *They are kids who need extra support and care when it comes to developing self-regulation*. When we provide this support through warm and responsive interactions, through managing problem behaviors in helpful ways, and providing emotional and physical comfort when a child is distressed, a relationship of trust and caring is formed that provides children the opportunity to develop self-regulation skills.

There are other factors that affect children's ability to learn self-regulation, and we encourage parents and caregivers to explore these if they have concerns. However, *the foundation of self-regulation in children begins in brain development and social-emotional development through nurturing relationships with their caretakers.*

Resources:

Lally, J. Ronald and Mangione, Peter L. NAEYC: Caring Relationships: The Heart of Early Brain Development. <https://www.naeyc.org/resources/pubs/yc/may2017/caring-relationships-heart-early-brain-development>

Reinsberg, Kristin, MS, LMFT. Ability Path Inspiring Conclusion: Self Regulation and Mutual Regulation. Help Infants Learn Self Regulation Through Relationships. <https://abilitypath.org/ap-resources/help-infants-learn-self-regulation-through-relationships/>



PARENT EDUCATION WORKSHOPS & EVENTS

[Clicking the Class Date on our digital newsletter links you to the Online Registration.](#)

Scholarships available, Contact the Workshop Team at workshops@familyservicesnew.org or (920) 739-4226 ext. 127

October

Positive Solutions for Families

[Tuesdays 10/1, 10/8, 10/15, 10/22](#)

In-Person Appleton | 6:00-8:00 pm | \$15

Plan to attend all four dates.

For parents & caregivers of kids from pre-school through elementary age.

We will discuss information, tips & techniques on topics such as: Misbehavior and how we contribute, Empower kids to be confident, capable & independent, Regain control & let go of guilt, Handle extreme behaviors in a positive way, Calm the crazies & fire up the fun, Staying strong through the ages & stages. *This curriculum is offered in support of many early learning programs helping parents get their children ready for school & to help build understanding & communication between families and teachers.*

Back to Baby Basics

Dad's Only Discussion Group

[Monday 10/7](#) | In-Person Appleton

6:00-7:30 pm | FREE

This discussion group is Just for Dads of infants in their first year. After having your new baby home for a while, you may have new questions or concerns about the day-to-day responsibilities of caring for your infant, being a good co-parent, & balancing it all with the rest of your life. Back to Baby Basics is a discussion group for dads to share how everything has been going, to ask questions & to offer each other support.



Parenting to a Child's Temperament

[Thursday 10/17](#) | Online | 6:00-7:30 pm | \$10

What do parents need to know about their & their child's temperament? Everything! Temperament can help us answer questions & increase understanding about why our children are the way they are. We will talk about how we respond as a parent based on our temperament & how to recognize issues ahead of time, anticipating problems in behavior before they happen.

November

Anger & Emotion Management

[Thursday 11/14](#) | Online | 12:00-1:30 pm | \$10

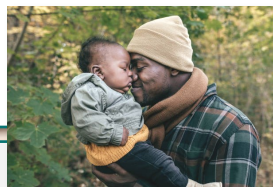
Our children bring us incredible joy. Yet there are times we find ourselves crabby, frustrated or angry with those we love. Learn how to manage anger to improve your relationships. Learn the five stages of anger & the top ten anger producers. Get to know your own anger, anger style & how to manage it to create a more harmonious home.

Baby Basics for New & Expectant Dads

[Monday 11/18](#) | In-Person Appleton

6:00-9:00 pm | \$10

This program designed *Just for Dads* discusses & demonstrates basic newborn care (handling, feeding, burping, changing, cleaning & calming), what to expect in the coming months & how to enhance your baby's development.



Positive Discipline Parenting

[Thursday, 11/21](#) | Online

12:00-1:30 pm | \$10

We will talk about discipline as structure, routine, communication & being our children's role models. Build up your children's positive behaviors & sense of self-esteem.

Let's talk about how we can start Positive Discipline in our homes today.

December

Active Parenting of Pre-Teens & Teens

[Tuesdays 12/3, 12/10, 12/17](#)

In-Person Appleton | 6:00-9:00 pm | \$15

Plan to attend all 3 sessions. This workshop is for parents who want to prepare for or are experiencing the changes of teenage development & want to help prepare their preteens & teens to survive & thrive in society. Topics will include: Active Parenting, Winning Cooperation, Responsibility & Discipline, Building Courage & Redirecting Misbehavior, Drugs & Sexuality, Violence & Reducing Risks.

On Demand

Free Potty Training

[Previously recorded video](#)

Potty training can test your patience and expectations. It can be repetitive, messy & frustrating. But caregivers can help children do this when they are ready! This program helps you look for and prepare for "readiness" and talks about ways you can help and support a child during this important milestone in their development.

Community Events

Autumn Adventure Fox Valley

[Thurs, Sept 12](#) | 4:00-6:00 pm

Pierce Park Pavilion, 1035 W. Prospect Ave., Appleton

FREE Community Event for families with children 10 & under

"Read & Stroll with Your Community Partners!"

Enjoy food, activities, and of course, Reading Adventures as a family! Bring your littles in a stroller or wagon and walk through a path of reading, crafts & games as they meet Fox Valley's Friendly Community Partners!

You'll get to decorate your stroller or wagon and earn a chance to Win a Raffle Prize!

Scan the QR Code to register for this event
Walk-ins are welcomed

Questions? Contact Meaghan
at mcoughlin@familyservicesnew.org



Support Group

Parent & Caregiver Support Group with NAMI Fox Valley

2nd Monday of Every Month | [9/9, 10/14, 11/11, 12/9](#)

In-Person Appleton | 6:00-7:30 pm | FREE

This Support Group is for parents & caregivers of school-aged children with behavioral & mental health challenges.

Our support groups provide participants with a relaxed, trusting and safe environment to share with and to support others who can empathize with their experiences. Participants share strategies and coping skills, discover community resources and experience the benefits of mutual compassion.

For questions regarding NAMI family support groups, Contact Vivian Flanagan, NAMI Fox Valley Family Program Coordinator
vivian@namifoxvalley.org | 920-740-3499

Registering ahead helps us plan for you
Walk-ins are welcomed

PARENT EDUCATION PROGRAMS

Visit www.familyservicesnew.org/parent-connection to learn more about our programs. Call to speak with a Parent Connection team member: Fox Cities (920) 739-4226, Oshkosh (920) 233-6630, Shawano (715) 853-0923

Family Wellness Parent Education Program

The Parent Education Program by Parent Connection is for anyone living or working with children & families. Facilitators are experienced staff providing research & evidence based parent education curriculum in group sessions. We communicate, educate & inspire through newsletters and social media in a way that is relevant to the needs of parents and those working with children in our communities.

Family Wellness Program Can Help You:

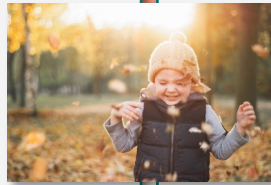
- * Learn positive parenting & family strengthening skills
- * Connect with other parents & caregivers
- * Scholarships are available for those in our service areas
- * Free onsite childcare is offered at most workshops
- * Connect with helpful community resources & support groups
- * Connect with family fun activities & events

Anyone interested can:

- * Check out our website for the most current schedule
- * Subscribe to our monthly emailed newsletter
- * Go to: www.familyservicesnew.org/parenting-classes
- * Follow us @ParentConnectionWI on Facebook

For more information:

Email: workshops@familyservicesnew.org
Or call (920) 739-4226 ext. 127



Home Visiting:

This FREE early learning program is designed for parents-to-be & parents and their babies residing in Outagamie, Winnebago, Shawano, Menominee & parts of Calumet Counties.

Family Support Specialists trained in early childhood & brain development conduct home visits prenatally and from the child's birth to the age of three.

- * Parenting information
- * Child development information
- * Constructive play ideas
- * Developmental screenings
- * Connection to community resources

Fox Cities serves: Outagamie County & Calumet County with an Appleton address; eligible first-time parents & parents-to-be

Oshkosh serves: Winnebago County; all eligible parents & parents-to-be

Shawano serves: Shawano & Menominee areas; eligible first-time parents & parents-to-be

Call for more information:

Fox Cities: (920) 739-4226
Oshkosh: (920) 233-6630
Shawano: (715) 853-0923

Welcome Baby:

This FREE early support program offered by Parent Connection is for parents-to-be, and parents with their new babies residing in Outagamie, Winnebago, Shawano, Menominee & Calumet County with Appleton or Menasha addresses

Family Resource Specialists visit expecting & new parents at area hospitals and clinics to provide personal health and parenting education, breastfeeding support, home safety tips & infant development information.

Welcome Baby can:

- * Connect you to community resources
- * Share important child development information
- * Help determine eligibility for area support options
- * Provide a follow-up visit if needed
- * Provide a warm-handoff to our home visiting program



Fox Cities serves: Outagamie County & Calumet County with Appleton or Menasha address; eligible first-time parents-to-be & parents

Oshkosh serves: Winnebago County; all eligible families

Shawano serves: Shawano & Menominee areas; eligible first-time parents-to-be & parents

Call for more information:

Fox Cities: (920) 739-4226 | Oshkosh: (920) 233-6630 | Shawano: (715) 853-0923

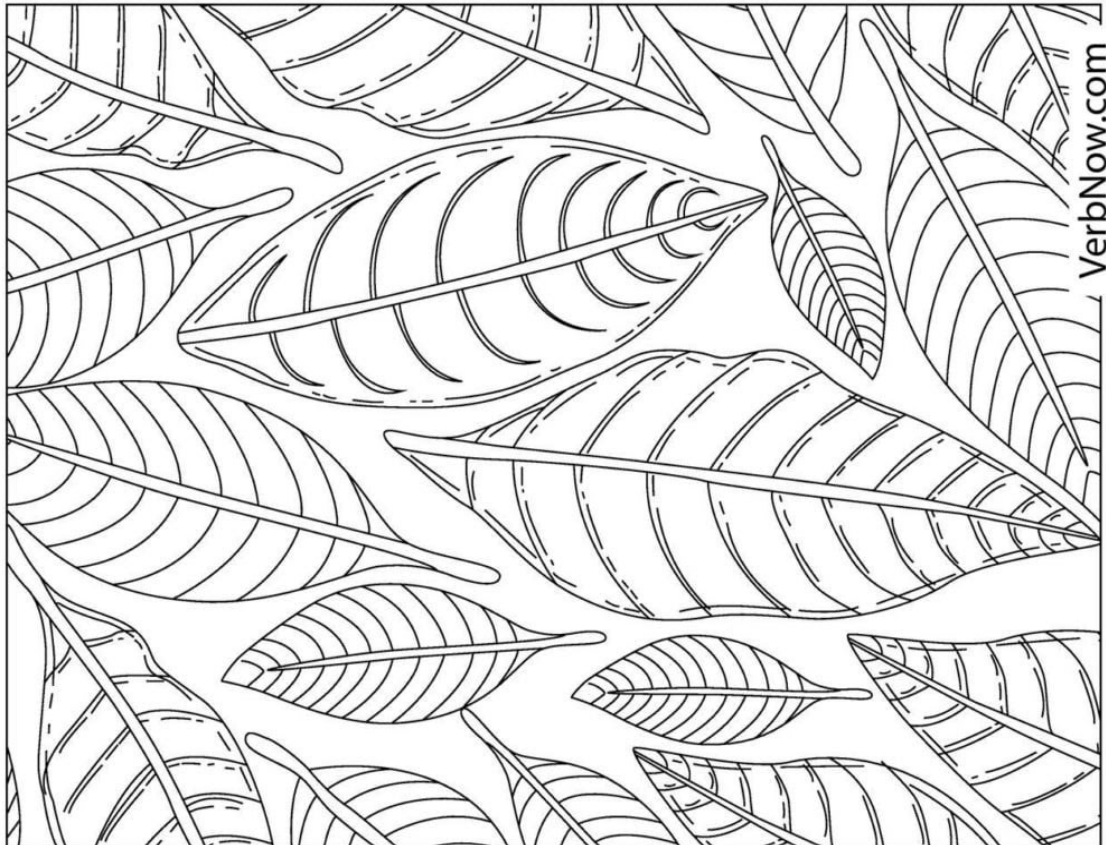


Parent Connection
1810 Appleton Road
Menasha, WI 54952

Parent Connection is a program of Family Services of Northeast Wisconsin, Inc.
Fox Cities: 1810 Appleton Road, Menasha, WI 54952 | (920) 739-4226
Oshkosh: 36 Broad Street, Suite 150, Oshkosh, WI 54901 | (920) 233-6630
Shawano: 607 E. Elizabeth Street, Shawano, WI 54166 | (715) 853-0923
Visit us at: www.familyservicesnew.org/parent-connection



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Parent Connection is a program of Family Services of Northeast Wisconsin. It receives a portion of its funding from MIECHV, US Venture, JJ Keller, Mielke Family Foundation, ThedaCare, Community Foundation for the Fox Valley Region, Shawano Area Community Foundation, Fox Cities United Way, Oshkosh Area United Way, Outagamie & Winnebago Counties, agency fundraising events and generous donations.