Self-Reg: How to Help Your Child (and You) Break The Stress Cycle and Successfully Engage with Life is Dr. Stuart Shanker’s first book for parents. Published in Canada and the U.S. on June 21, 2016, the book will also be released in the U.K and Germany later this year, with releases in eight other countries and languages pending. This is unprecedented for a Canadian parenting book. (Also available as and audio book and e-book.)

Shanker’s last book, Calm, Alert and Learning, ranks as one of the top-selling Canadian education books of all time. In Self-Reg he focuses on parents, specifically how they can recognize and deal effectively with their children’s stress. Stress is a normal and often positive part of life. However, Shanker says tuning into the impacts of excessive stress is a crucial aspect of parenting “Decades of research show that children’s ability to thrive depends on their ability to self-regulate,” says Shanker. “And self-regulation requires being able to recognize and respond to stress in all its many facets.”

Shanker’s new book shows parents how to recognize when children are becoming overstressed, and what to do about it, by using Self-Reg, Shanker’s five-step method for recognizing and alleviating stress in five different domains of children’s functioning: biological, emotion, cognitive, social and prosocial.

“I was recently asked when I first started to write Self-Reg,” says Shanker. “Believe it or not, the answer is over 40 years ago! Already as a teenager, I had a deep sense of the extraordinary potential of science to realize the ancient Greek dream of eudaemonia: i.e., to uncover those hidden secrets of the mind and brain that would enable each and every child and youth to realize their full potential and enjoy a life full of meaning and wellbeing.”

Self-Reg is a ground-breaking book that helps parents move beyond the struggle for control via discipline and shows them a positive and effective way to understand, nurture and guide their children.