

Local expert pens international parenting book

Stuart Shanker, a York University professor and child development expert, who lives in Northumberland County, has published a new book for parents. *Self-Reg, How to Help Your Child (and You) Break The Stress Cycle and Successfully Engage with Life*, hit Canadian and American bookstores on June 21 and will be published in the U.K. next week and in Germany and The Netherlands in August. Releases in seven other countries and languages are in the works. This type of world-wide coverage is unprecedented for a Canadian parenting book.

Shanker's last book, *Calm, Alert and Learning*, written for teachers, 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. When children's energy is depleted from dealing with too much stress, they become "dysregulated" and therefore less able to learn, get along with people and behave at their best. "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. He also explains the difference between misbehaviour and "stress behaviour" and offers parents a five-step method for recognizing and alleviating stress in five different domains of children's functioning: biological, emotion, cognitive, social and prosocial. Shanker calls his method Self-Reg, and in 2012 he established The MEHRIT Centre, based in Peterborough, to serve as a hub for information, resources, events and learning opportunities about Self-Reg and self-regulation. The centre is hosting a four-day event, Self-Reg Summer Symposium: Breaking The Stress Cycle, at Trent University from July 18 – 22.

Self-Reg is a ground-breaking book that presents an entirely new understanding of children's behaviour and emotions. It 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. *Self-Reg* is available in bookstores across Canada and also as an e-book and audio book.

Self-Reg, How to Help Your Child (and You) Break The Stress Cycle and Successfully Engage with Life, by Stuart Shanker (with Teresa Barker), published by [Penguin Random House Canada](#).

For more information contact: John Hoffman, The MEHRIT Centre's media officer:
john@self-reg.ca (705) 748-2126