The Interbrain & Self-Reg

Key Takeaways From The Self-Reg ECD Program

On **Porges' evolutionary thesis**, it is not just mammary glands or middle ear bones that distinguishes mammals, but social engagement

We study the **"precursors"** of limbic resonance in the lower and higher primates in order to better understand the significance of limbic resonance in early childhood development

Secondary altriciality introduced a dramatic modification in this substrate: a prolonged period during which, through limbic resonance, a "higher" brain regulates the core needs of the developing infant. That is, the **Interbrain**.

During the early years of life, the infant's capacity to establish an **Interbrain connection** gradually expands to include other adults besides the primary caregiver

The need for **Interbrain** co-regulation does not cease when a toddler enters preschool but rather expands still further, with the ECE than taking on this role

Under the guiding regulating influence of the ECE, the child's ability to establish **Interbrain** relationships broadens even further, with other adults and with peers

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Module 2: The Interbrain & Self-Reg

Intro Video Reflection 1	Video 1 Reflection 2	Video 1 Part 2 Reflection 3	Video 2 Reflection 4	Video 2 Part 2 Reflection 5	Video 3 Reflection 6	Video 3 Part 2 Reflection 7
The Interbrain Introduction Video Reflection 1: In what ways does this align with and differ from the understanding of Self-Reg that you began this course with?	Precursors of Limbic Resonance in Nonhuman Primates and Mammals Part 1 Reflection 2: What do you experience while listening to a Raffi's song?	Precursors of Limbic Resonance in Nonhuman Primates and Mammals Part 2 Reflection 3: How do we use our voices to cue and communicate safety?	Secondary Altriciality Part 1 Reflection 4a: The Interbrain in action and the language of babies Reflection 4b: What are some ways that you experience the "Bluetooth" brain-to-brain connections in your context?	Secondary Altriciality Part 2 Reflection 5: Here is the Michael Jr. video Stuart referenced. What do you notice?	Interbrain Mechanisms and Function Part 1 Reflection 6: What are the implications of this for your early years context?	Interbrain Mechanisms and Functions Part 2 Reflection 7: And finally, how do we "honour our own personal needs?"

Links and Resources

Reflection 1: In what ways does this align with and differ from the understanding of Self-Reg that you began this course with?
https://www.youtube.com/watch?v=hOlV_kNYAYA&feature=youtu.be

Raffi's "Take A Breath" (The Self-Reg Song) Can Help Children Deal with Stress
https://self-reg.ca/self-reg-song/

Reflection 3: How do we use our voices to cue and communicate safety?
https://www.youtube.com/watch?v=9tXK7cw9mrg

Reflection 4a: The Interbrain in action and the language of babies
https://www.youtube.com/watch?v=MPHDrhLwiF4

Reflection 5: Here is the Michael Jr. video Stuart referenced. What do you notice?
https://www.youtube.com/watch?v=TU0f8a3Cizo&feature=youtu.be

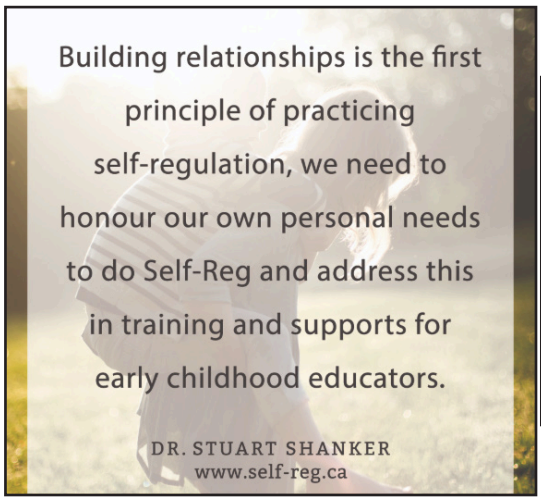
My Cubby Room Conundrum: Is It Time To Reframe "Hiding?"
https://self-reg.ca/2017/06/13/cubby-room-conundrum-time-reframe-hiding/

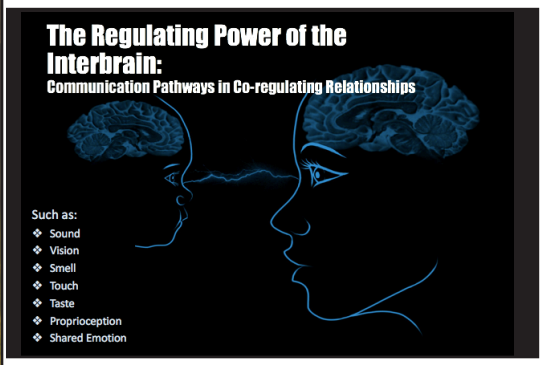
Step Away From the Stickers
https://self-reg.ca/2018/10/09/step-away-from-the-stickers/

Resource 1: The What is Self-Reg infographic
https://self-reg.ca/infographic-self-reg/

Resource 2: SMARTEST coregulation graphic
https://self-reg.ca/wp-content/uploads/2017/08/s_2_7_Smartest-to-Coregulate.pdf

Self-Reg Toolkit
https://self-reg.ca/individualtoolkit/





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