

# Self-Regulation in Children

<b>About the Author</b> .....	<b>vii</b>
<b>Introduction</b> .....	<b>ix</b>
<b>Chapter 1: Autism Spectrum Disorder (ASD)</b> .....	<b>1</b>
1. Self-regulation and ASD .....	1
2. Standard interventions for ASD .....	6
a. Visual schedules .....	6
b. Simple and complex stories .....	12
c. Video modeling .....	14
d. Transitions and engagement .....	17
e. Working with behaviors (with four case studies) .....	19
<b>Chapter 2: Staying Calm and Alert</b> .....	<b>26</b>
1. Polyvagal theory and the nervous system .....	26
2. Calming and alerting techniques .....	30
a. The basics .....	31
b. Heavy work and play .....	33
c. Breathing techniques .....	35
d. Stretching and yoga .....	37
e. Aromatherapy and calming .....	39
f. Getting centered .....	40
<b>Chapter 3: Sensory Modulation</b> .....	<b>45</b>
1. The senses .....	45
2. Strategies and adaptations .....	52
a. Hearing .....	52
b. Vision .....	61
c. Touch .....	65
d. Oral motor sensation .....	74
e. Internal sensation, pain, temperature and itch .....	75
f. Movement (body and head sensation and movement) .....	77
3. How to create a sensory-rich life .....	86
4. Case study .....	90

<b>Chapter 4: Eating, Sleeping, Bowel and Bladder</b> .....	<b>96</b>
1. Picky Eating .....	96
a. Causes of picky eating .....	96
b. Sensory strategies .....	97
c. Mealtime strategies .....	100
d. Behavioral strategies .....	103
e. The impact of food sensitivities .....	106
2. Sleep habits .....	107
3. Bowel and bladder control .....	111
<b>Chapter 5: Emotions and Emotional Regulation</b> .....	<b>113</b>
1. Foundations of emotions .....	113
2. Emotional challenges .....	118
3. Interventions .....	120
a. Get emotionally grounded .....	120
b. Working with intense emotions .....	123
c. Art and music .....	125
4. Autism and emotion .....	129
<b>Chapter 6: Executive Function and ADHD</b> .....	<b>130</b>
1. Executive function .....	130
2. ADHD .....	136
3. Interventions .....	139
a. Strategies for structure and organization .....	139
b. Handling complexity .....	145
c. Working with impulsivity and hyperactivity .....	146
d. Attention, stress reduction and mindfulness .....	150
e. Timing therapy .....	153
f. Managing behaviors .....	156
g. Self-management .....	158
h. Case study .....	161
<b>Chapter 7: The Self-Regulated Child</b> .....	<b>164</b>
<b>Worksheets</b> .....	<b>169</b>
Sensory observations throughout the day .....	170
Sensory strategies .....	171
Sensory adaptations .....	172
Therapy schedule .....	173
Heavy work/play/exercise schedule .....	174
<b>Bibliography</b> .....	<b>176</b>
<b>Resources</b> .....	<b>186</b>
<b>Index</b> .....	<b>189</b>