



## Parents' Understanding of the Importance of

# Self-regulation and Well-being

- We need to look for and understand stressors, and be able to see “behavior” as an outcome of stress, looking at the bigger picture helps us figure out what triggers it in the first place.
- Any type of Self-Care is helpful (even a moment to drink HOT coffee, put lotion on hands, etc.)
- As parents we live in the moment and get overwhelmed – we forget that our children also have things that can overwhelm them and contribute to their state of well-being.

“ I used to think my child’s well-being was number one, now I think that I’m number one too, if I don’t take care of myself, I can’t take care of my children properly – self-care is important for all. ”



“Self-regulation is a deep, internal mechanism that enables children as well as adults to engage in mindful, intentional and thoughtful behaviours.”

– *The Kindergarten Program, 2016, p. 56*

“Well-being addresses the importance of physical and mental health and wellness. It incorporates capacities such as self-care, sense of self and self-regulation skills.”

– *The Kindergarten Program, 2016, p. 58*

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