

What you can do when your child is dysregulated



“What I’m learning is that it is less about what to do or say, and more about how I regulate myself when my child is dysregulated.”

Li Ling Phua talks about how we can work on self regulation, when dealing with a dysregulated child.

This video was extracted from a 90 min parenting webinar that we conducted recently on "Seeing Tantrums with New Eyes", and in the webinar, Li Ling shared about how science based lens of dysregulation, as well as how the framework of selfreg by Dr Stuart Shanker can help us with self-regulation and co-regulation (check out our previous video on the inter-brain connection!)

You can watch the video here : <https://fb.watch/u7bGtmzstM/>