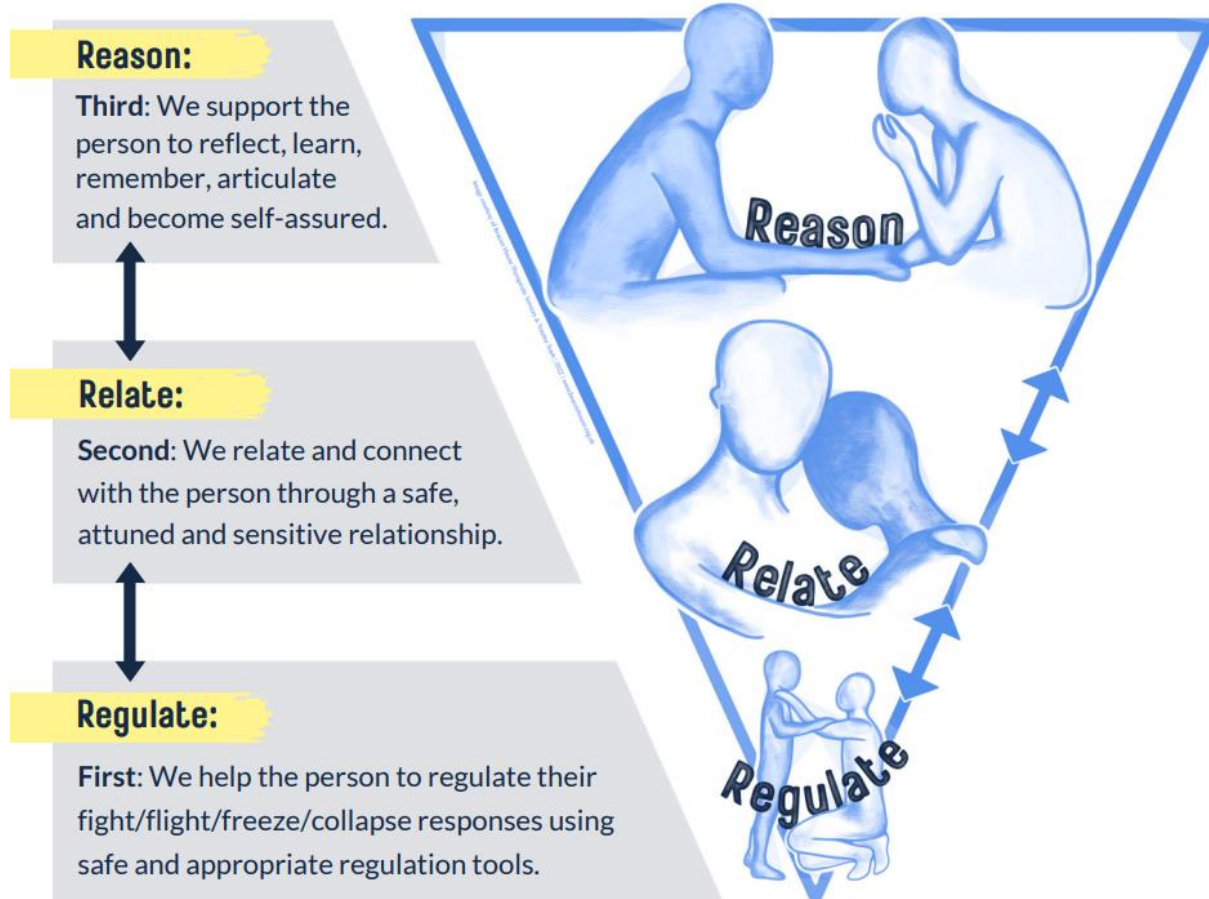


Educational Psychology Overview Guide

Regulate, Relate, Reason

To help an anxious or vulnerable child to learn, think and reflect when they are dysregulated, we need to intervene in a simple sequence:



Heading straight for the 'reasoning' part of the brain with an expectation of learning will not likely work if the child is dysregulated and disconnected from others. During these periods of dysregulation, the child's potential for learning and reflection is reduced or even blocked (Beacon House Therapeutic Services & Trauma Team, 2022). Following these steps to reconnect with the child will support their trust in you and their ability to regulate and reflect when they are ready.