Calming, Coping and Comfort – Self Regulation in FXS

What is Self-Regulation?
By definition, **self-regulation** is the ability to attain, maintain, and change arousal appropriately for a task or situation (as defined by Williams and Shellenberger,96) and includes:

- The ability to seek comfort and security or safety when it is needed
- The ability to know what arousal state you are in and how that compares to the situation/context or task at hand
- To regulate attention to task
- To regulate activity level

The three "c's" of calming, coping and comfort apply to the overall concept of maintaining self-regulation or a sense of body and behavioral organization in the face of challenge (stress, too much sensory input, too much change, too high of demand, etc.).

Techniques to Foster Self-Regulation
To support or help develop self-regulation capacities, we utilize sensory based strategies in concert with cognitive-behavioral strategies adapted to the fragile X learning style.

Some of our favorite STRATEGIES include:
- Ready- Not Ready
- Red Light, Yellow Light, Green Light
- Alert Program and Take 5! By Williams and Shellenberger – www.alertprogram.com
- "A 5 Could Make me Loose Control" by Kari Dunn Burton
- Sensory Stories - http://www.sensorystories.com/
- Sensory Diet
- Sensory Choice Board
- 5-Finger Technique
- Fragile X Emergency Kit or personal sensory kit
- Coping Keychain - a retractable keychain with pics on it used for visual schedule
- Comfort spot, Quiet Corner, Hideout
- Transition Objects
- Other Positive Behavioral Supports

Intervention should provide "tools" for both:
- **in the moment meltdowns** (stop agenda, stop talking, keep safe, regroup, re-start)
- **proactive strategies to minimize or manage hyperarousal and associated behavior**

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