

Promoting Early Self-Regulation

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Telethon Kids Institute
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Introduction

- Self-regulation is the ability to manage one's response and behavior to external situations
- Promoting self-regulation in young children can prevent future mental illness

STEPS Project

- STEPS - Equitable Approach to Early Self-Regulation Promotion is a project being undertaken by the Early Neurodevelopment and Mental Health Team to improve mental health in toddlers and young children in Western Australia
- STEPS is a large, multiphase project with the ultimate goal of with parents, clinicians and stakeholders, co-designing a program to nurture self-regulation, individualized to families' needs

Objective of Internship

- The object of our internship was to contribute to a literature review on interventions to promote self-regulation, which is a part of the larger STEPS project

Reflection

- We screened hundreds of articles to determine whether they met the criteria to be included in the literature review
- We read relevant articles and extracted information from them about the self-regulation program itself, the demographics of the families who participated, how effective the program was, and a variety of other key metrics
- We had weekly team meetings updating on the status of the project, but also discussing difficult articles

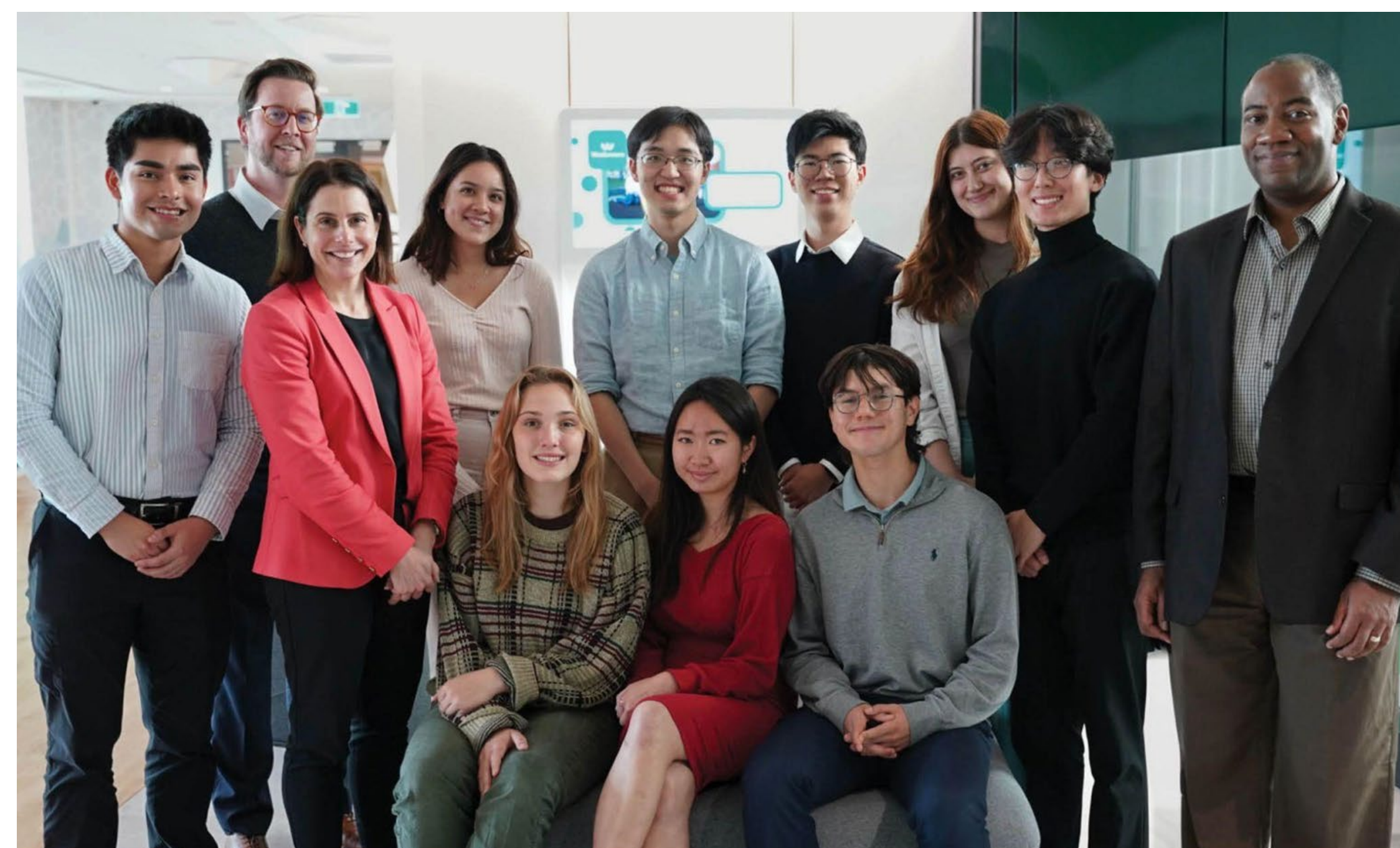


Image of all of the Princeton interns at the Telethon Kids Institute and Global Health Program Director Gilbert Collins

Looking ahead

- This internship made us aware for the importance of and need for self-regulation promotion programs specifically in the infant population
- This internship also provided insight on public healthcare and specific challenges that come with it

Questions

- What is the planning surrounding the implementation of interventions that significantly improved infant self-regulation?
- Is there specific protocol that will be followed in order to individualize treatment plans for families seeking infant self-regulation help?

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