

# Responsive and Proactive Self-Regulation: Teaching the Language of Problem Solving

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Danielle Kent is a speech-pathologist located in Central Vermont. She owns her private practice, Piece of Mind Therapy and Consulting, LLC, which provides neurodiversity affirming consultation and evaluation services to school districts in VT in the areas of self-regulation/executive functions and social communication. She also co-owns VT-AAC, LLC, which provides AAC evaluation & consultation services across the state. She is a self-published author (Max Learns to Pause) and runs the Teaching and Raising Problem Solvers Podcast as well as the TRPS Connecters small group coaching program.

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**Description of Presentation:** This workshop will provide participants with an understanding of the vital connection between self-regulation and executive functions. Particular attention will be paid to the language of planning/prioritization, organization, flexibility, and metacognition, and ties between these skills and problem solving, as well as the necessity of co-regulation in developing these skills.

## Learner Outcomes:

- 1) Analyze self-regulation from a developmental lens, to understand and assess neuroinclusive strategies to use for all students.
- 2) Describe the connection between self-regulation and executive functions and what it means for our students, as well as detailing shifts in observed skill development for elementary age students.
- 3) Describe responsive and proactive regulation skills, with a focus on gradual release of responsibility for proactive regulation skill development including:
  - Teaching kids to 'become their own coach' through skill development and practice
  - Teaching & planning for the strategies for the skills of planning/prioritization, organization, flexibility, and metacognition.
  - Using problem solving language as an anchor

## Speaker Financial Disclosures:

Danielle is being compensated for presenting. Danielle earns a profit from sales of Max Learns to Pause.

## Speaker Non-Financial Disclosures:

Danielle is currently on the VSHA board.



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