

Parents as Partners Conference

Workshop Session: B19

Room: 206C

The Stressed Brain: Strategies to Promote Self-Regulation

Special Education Advisory Committee (SEAC)

This workshop will explore neuroplasticity and the early development of the brain. In instances where the brain is stressed, the executive functions which provide cognitive functioning, are inhibited. This presentation will review areas contributing to the stressed brain and provide strategies that will serve to support children in the development of self-regulation skills. Some of these include core breathing techniques, mindful awareness and social emotional learning.

Ashley Weiss

Itinerant Behaviour Teacher

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Ashley Weiss is an Itinerant Behaviour Teacher with the TDSB. She holds a M.Ed and Specialist qualification in the area of Special Education. Ashley has worked with the Section 23 programs at CAMH, supporting students with complex social, emotional and behavioural challenges. She has a keen interest in mental well-being and health as it impacts our young learners.

Pina Claus

Itinerant Behaviour Teacher

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Pina Claus is an Itinerant Behaviour Teacher with the TDSB. She holds a M.S.W. and B.Ed in addition to Specialist qualifications in the area of Special Education. Pina has worked in diagnostic and special programs, providing a holistic approach in her work with students of varying complex needs and abilities. She has a lifelong interest in promoting well-being and success for all children.