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## The Regulation Project An Educational Video Series for Latino Families

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## The Regulation Project: An Educational Video Series for Latino Families

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### BACKGROUND

- According to the literature 1 in 5 Americans are Latino, which is roughly 62 million Latinos in the United States (Lazaro, 2023).
- Latino adults report communication challenges in health care settings that fall just under half (46%) mention they have a close friend or family member who needs a Spanish-speaking health care provider or translator (Nadeem, 2023).
- According to the literature this population needs more resources about self-regulation in their dominant speaking language to better understand and teach healthy effective self-regulation skills. Latino parents have language and cultural barriers as one of the main factors contributing to desperate health outcomes (Nadeem, 2023).
- Self-regulation may be defined as the ability to understand and manage your behavior and your reactions. Self-regulation includes behaviors necessary for success in school, relationships, and the workplace (Rosanbalm, 2017).
- Limited information exists on parenting interventions efficacy among the Latino families (Kim, 2020).
- This project targeted the South Texas region in Rio Grande Valley (RGV), where Latino's are the majority of the population at 94.27% (Claritas, 2023).

Acknowledgement: Special thanks to the families and professionals in the Rio Grande Valley community who contributed to the development of this project.

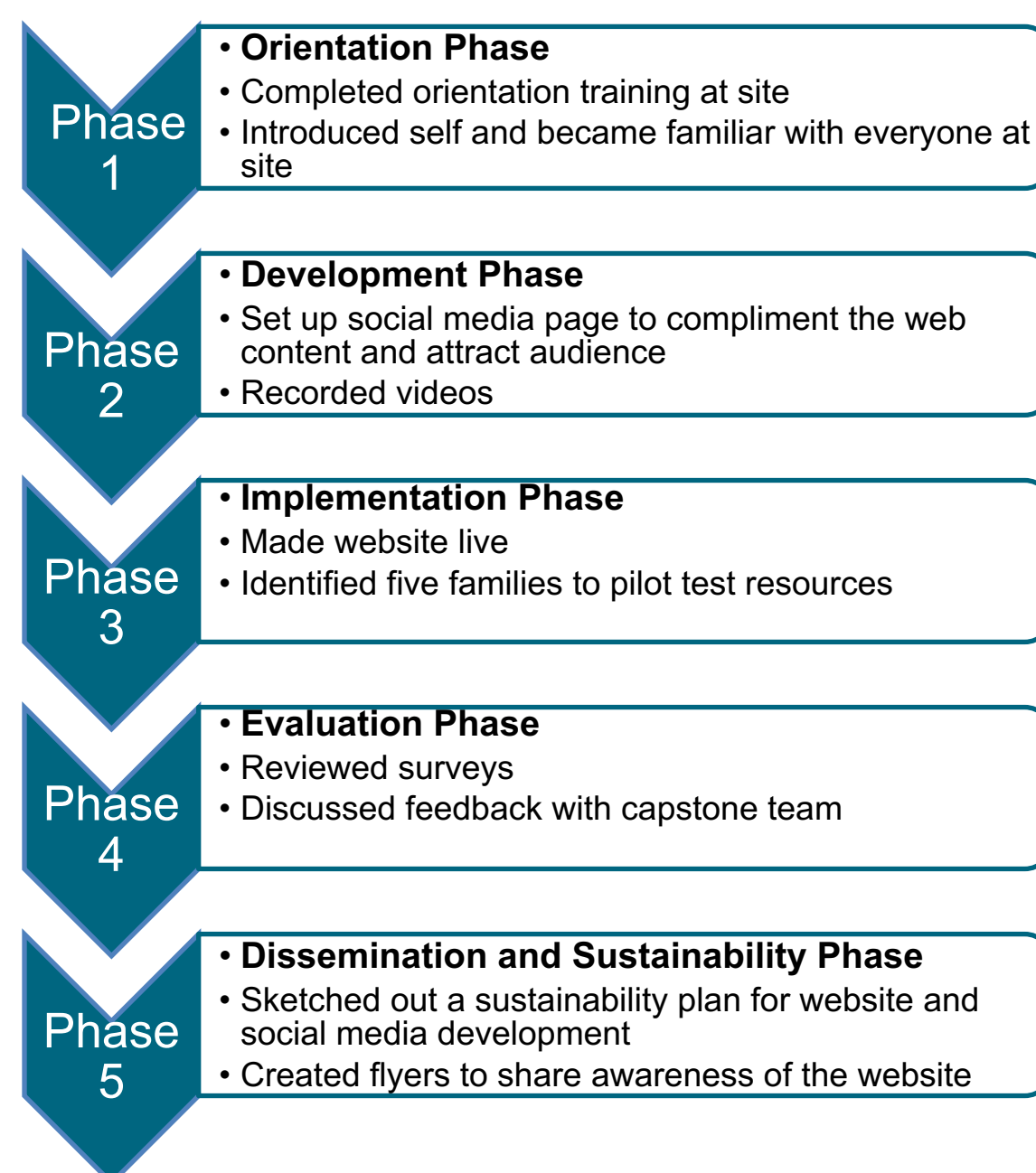
### PROBLEM

Latino parents have limited competence (knowledge, skills, and attitude) in teaching healthy, effective self-regulation skills to their children's occupational performance and participation in their home, school, and/or community settings.

### PURPOSE

This project will develop an online educational resource to improve competence (knowledge, skills, and attitude) of Latino parents in teaching healthy, effective self-regulation skills, which will enhance their children's occupational performance and participation within their home, school, and/or community settings.

### METHODS



### EDUCATIONAL VIDEO SERIES CONTENT



### Discussion

#### ➤ Significance of the project

- *The Regulation Project* is important because it provides Latino families accessible, simple, and useful resources in Spanish and English.

#### ➤ Implications for OT Practice and Research

- OT practitioners can encourage Latino families to check out *The Regulation Project materials on their own*.
- OT scholars can build more Spanish/English self-regulation content for *The Regulation Project*.
- OT researchers can examine the outcomes of *The Regulation Project* for children and parents.

This project did not involve human subjects and did not require IRB approval.

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