

# Repetition is Regulation not resistance



Watching the  
same thing  
over and  
over



Helps them to regulate

Makes their brain feel safe

It will always finish the same way  
which reduces anxiety

Sense of relief because the ending is  
happy

Emotional Safety

The brain has an easier job as the  
repeated scripts are known and familiar

Reduces processing load

Less new words

More mental space and calm

Knowing what is coming next reduces the  
anxiety and activates calmness in the body

Calms nervous system

Less Surprise

Reduced Stress

Builds a safe space they can return to  
time and again, the pictures and  
songs etc become routine

Comfort in being familiar

Repeatedly watching  
the same programme  
is a comfort and safety  
seeking



In an often unpredictable world where it is often too  
loud, fast or overstimulating, repetition regulates their  
brain to stay regulated.

