

THIS WEEK'S TOPIC IS EMOTIONAL REGULATION



Emotional regulation

Emotional regulation is an essential life skill. It refers to the processes the brain completes in order to manage and respond to emotional experiences in an appropriate way. People who have good emotional regulation skills have been shown to have happier relationships and better mental health.

How can you help?

To build your child's ability to regulate their emotions you could...

- be an emotional regulation role model, model controlling your emotions in difficult situations.
- discuss feelings often, use feelings charts etc to help children name how they are feeling.
- teach your child breathing exercises, taking deep breathes when big feelings arrive helps them keep grounded.
- read story books about emotions and how to deal with them.



Creating a safe space

In order for children to grow up with good emotional regulation skills, they need a safe environment where they are able to express emotions and learn how to control them. Simple things in your home can create that safe space.

- Have meals together and talk about your day and feelings
- Have a structured bed time routine
- Validate children's emotions and discuss how to act if the situation happens again