

What is Emotional Regulation?

Emotional regulation is the ability to recognise, manage, and respond to emotions. Emotional regulation develops over time and is a key part of a child's overall development. Children often need support from adults to learn how to regulate their emotions, especially in challenging situations.



We can support emotional regulation by:

1. *Naming and acknowledging feelings*
("You look sad" or "That made you frustrated")
2. *As an adult staying calm and present during emotional moments.*
3. *Creating a calm space with soft toys, books or fidget tools.*
4. *Modelling coping strategies such as deep breathing or taking a break.*
5. *Using play and the 'just right challenge' to build regulation skills.*
6. *Prioritising connection and supporting your child through challenging moments.*



5 ideas to support the development of Emotional Regulation:

1. *Explore a Sensory Tray*
2. *Engage in a quiet activity like sharing a book or colouring*
3. *Cuddles and a big squeeze*
4. *Take 5 deep breaths*
5. *Swinging on a swing or rocking on a ball*

