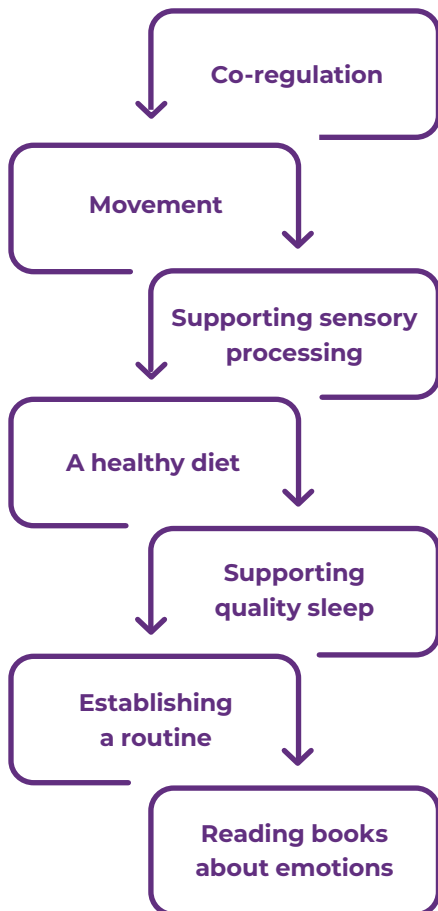


FACT SHEET

Emotional regulation



Here
some things
we can do to support
emotional regulation:



Emotional regulation is a person's ability to regulate their emotions, body (nervous system) and behaviour within social interactions and in environments.

The world around us can make us have lots of feelings. Emotional regulation is our ability to respond to the many things that impact us daily. Emotional regulation looks different for each person and supports our social interactions.

Co-Regulation

Sometimes we might need support to learn the skills to emotionally regulate. When another person helps us this is called co-regulation.

Co-regulation describes the impact that a person has on managing and coping with emotions. When co-regulating with children, adults are supporting them to manage their feelings and behaviours.

Ways that you can support someone through co-regulation include:

- Comforting (a cuddle, holding hands, sitting with).
- Empathising (identifying feelings and having space for those feelings).
- Soothing (providing access to comforters).
- Helping with access to regulation tools.
- Talking through situations.
- Offering a drink of water.
- Guiding breathing.
- Reading books about emotions.
- Encouraging big movements (dancing, running, jumping).



Self- Regulation:

Self-regulation is how people manage their own feelings and behaviours. It is a skill which children begin to learn from birth and continue to develop into adulthood. The ability to self-regulate will help children to build relationships, learn and become independent.

Our ability to self-regulate can change throughout the day. We might find it harder to regulate if we are tired, hungry, sick, have a changed routine, or for a reason we can't identify.

Adults can help children to develop their self-regulation skills by:

- Providing a safe and secure base.
- Role modelling positive behaviours.
- Understanding that all feelings and emotions are ok.
- Connecting with the child and meeting their feelings with empathy.
- Understanding that feelings and emotions can cause behaviours, and that every behaviour expressed is to meet a need.
- Fostering positive and warm relationships.

