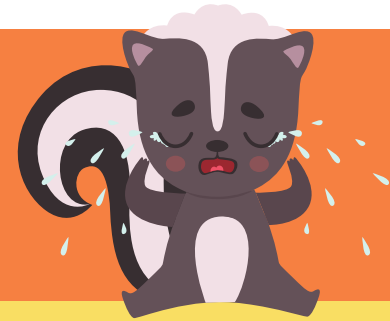




## SUPPORTING KIDS FACTSHEET



### A guide to practising emotional regulation with your children

Emotional development in children involves learning what feelings are, recognising emotions in ourself and in others, understanding why they happen, and developing skills to manage feelings in a positive and safe way.

It starts from infancy and continues to develop into adulthood; the bottom-up brain development supports how emotions influence different neural pathways.

#### CAPS WEBINARS

The information on this factsheet comes from a CAPS Supporting Kids parenting webinar. Supporting Kids applies a practical and strengths-based approach to teaching emotionally aware parenting. [Find out more here](#)

Emotional regulation is an ongoing practice and involves parents and carers supporting their children to integrate a wide variety of sensations and feelings to make sense of the world. Children who practise emotional regulation have long term benefits including:

- Having good mental health and wellbeing
- Having more positive and stable relationships
- Performing better in school and their career
- Displaying less behaviour problems
- Being empathetic and supportive of others
- Developing resilience and coping skills

#### CONNECT WITH CAPS

Head to our website to find out about [upcoming parenting webinars](#), and [subscribe to our newsletter](#) for free resources and the latest child protection news!



# PRACTICING EMOTIONAL REGULATION



## RESOURCES

- [“The Power of Showing Up”](#)
- [“Whole Brain Child”](#)
- [“Mothering our boys”](#)
- [Gottman Institute](#)
- [Grow Your Mind \(for primary age school children\)](#)
- [Emerging Minds Podcast](#)
- [Smiling Mind App](#)
- [WholeHearted School Counselling resources](#)
- [Circle of Security: Being-With and Shark music video](#)
- [“The Good Egg”](#)
- [“Good Night Stories for Rebel Girls”](#)
- [“Hey Warrior”](#)
- [“Weirdo”](#)
- [Mazes to trace](#)
- [Moodies from ABC Kids \(preschool age\)](#)

## STRATEGIES

- Use emotional language in your conversations with your child, including noticing feelings in books you read, shows you watch and characters they connect with. Also use your own feelings when talking about your day.
- Connect with the feeling first when your child is overwhelmed and try and remain calm so you can support them with co-regulation.
- Soothe using sensory strategies (touch, taste, sight, sound, smell). These can also be used to increase a child’s coping capacity before going into a demanding situation.]

- Consider what emotional regulation strategies you are modelling for your child; you might want to learn some new ones (e.g. mindfulness activities, breathing techniques).
- Once calm, talk to your child about what has happened so they can have an opportunity to learn from what has happened.
- Create a Zen Zone or calming box with activities in it that your child can use if they prefer to have time on their own when they are overwhelmed.



Parents are key in supporting the development of emotional regulation through:

- Promoting a sense of emotional and physical safety in parent-child relationship
- Allowing child to be seen by being curious about the needs and emotions that underpin their behaviour and being mindful when you are with them
- Being able to soothe your child and model appropriate ways to co-regulate and self-regulate
- Developing a secure attachment between parent and child where they have their needs met consistently, and reliably.