



# 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

