



EMOTIONAL REGULATION STRATEGIES FOR KIDS

Most parents have witnessed and experienced a couple of tantrums in their kids' lives. It is normal for us to expect a two-year-old to have a tantrum, but when a child reaches school age and outbursts are still part of their daily lives, it may be a sign they are struggling with emotional regulation.

THE FIRST STEP IS HELPING CHILDREN TO RECOGNISE HOW THEY FEEL

HERE ARE A COUPLE OF WAYS TO HELP YOUR CHILD RECOGNISE HOW THEY FEEL:

- Playing games like "Guessing Faces"
- Reading stories about emotions
- Remind children that feelings are normal
- Talk about your own feelings sometimes

Self-managing big emotions is really hard for toddlers and children, as they often don't have the language or logic to express themselves clearly yet. So, it is challenging for children to self-regulate compared to adults.

THE NEXT STEP IS TO HELP THEM LEARN HOW TO MANAGE THEIR BIG EMOTIONS



info@outbackfutures.org.au
0417 703 729

www.outbackfutures.org.au

  [outbackfutures](#)

HERE ARE A COUPLE OF WAYS TO SUPPORT YOUR CHILD'S SELF-REGULATION:

Infants & Toddlers -

- Listening to familiar play songs is really recommended to help calm infants down rather than adult speech. For example, I'm a little teapot, Teddy Bear Teddy Bear, Hop a little – jump a little, Miss Polly had a Dolly, The Hokey Pokey,

I'M A LITTLE TEAPOT

I'm a little teapot,

(Point to self)

Short and stout.

(Round arms and touch fingertips together in front of body)

Here is my handle,

(Left fist on hip)

Here is my spout.

(Bend right elbow, lift forearm and lower wrist to look like the spout)

When I get all steamed up hear me shout,

(Remain in same position and nod head)

Tip me over, and pour me out!

(Tip sideways towards the extended arm)



All children -

- Leading by example

Show your kids how you positively manage stressful situations.

- Scaffolding

For example, if a child is prone to having a melt down when asked to put the technology down, it may be about practicing transitioning away from the game for short amounts of time and building up from there. Have them practice playing for 5 or 10 minutes then handing the game over and getting a point towards something they want, then hand the game back. Gradually extend the time.

- Remain calm

Possibly the hardest, but if you can remain calm then your soothing voice will help regulate your child's emotion.

Other suggestions include:

- Physical activity
- Listening to music
- Reading a story
- Drawing
- Breathing exercises



This resource has been prepared by **Kerri Bower** who is part of the Outback Futures Counselling team. If you'd like more details about the information in this resource, please email info@outbackfutures.org.au