

EMOTION REGULATION Fact Sheet

A child's ability to identify, understand and manage their emotions will develop over time. Children need adult support and practice to develop their emotional awareness and regulation.



Research shows that children can learn emotions and other social skills through storytelling; bedtime stories in particular help children to understand how other people feel in different situations.

Children with emotional awareness and adequate emotion regulation skills are more likely to:

Calmly and appropriately express their emotions.

Bounce back from strong emotions.

Control their impulses.

Demonstrate appropriate behaviour.

This results in children who are better able to learn, make friends and develop independence.

Children 3 and under

Will experience emotions that they do not have the language required to name.

Can understand language before they are able to use it.

Teaching for this stage of life focuses on laying the foundations for children to use and understand emotional language.

Children 3 - 8 years old

Will begin to recognize and name emotions they are feeling, mainly through play.

This is an appropriate time to start introducing simple strategies children can use to manage their emotions.



Breathing or counting are examples of simple strategies.

Support emotional development



Be a positive role model.



Regularly check in with children and ask them how they are feeling.



Identify and name feelings, even when children do not have the language to express their feelings themselves.



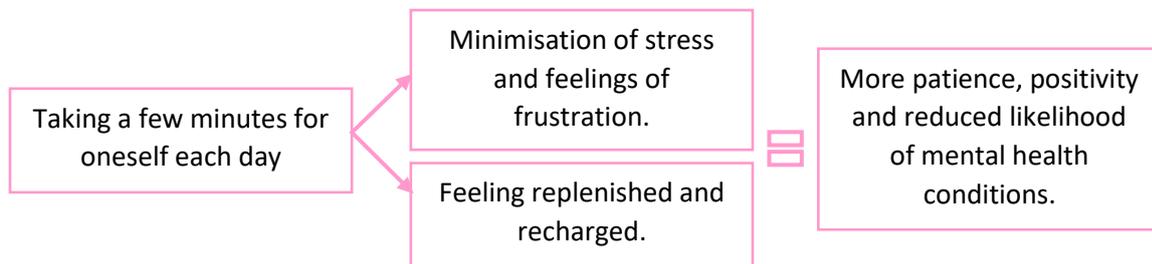
Talk about how you are feeling and why (in age-appropriate ways).



Read stories on the topic of feelings. Highlight different facial expressions and emotions during the story.

PARENTS AND CARER SPECIFIC INFORMATION

People with a new baby may constantly prioritise the needs of others while letting their own needs go unmet. However, people cannot care for others without first caring for themselves.



A few minutes of self-care could be



Finding a hobby or doing something you enjoy.



Taking a bath.



Doing some at home exercises.



Power napping.



Yoga or another form of relaxation.

Emotional self-care

Emotional self-care refers to acknowledging one's feelings and having opportunities to express these feelings. Feeling overwhelmed is a possibility as people adjust to life with a new baby. If a person is feeling this way, a couple of useful strategies are to:

- Place the baby in a safe space and take a few moments to relax with some deep breathing or music.
- Call a person in one's support network. One might ask them to watch the baby so they can get out of the house or they may need to talk to this person; either of these strategies can help to alleviate one's feelings.

If these feelings persist, it might be an indication to seek help from a health professional.

References

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