

Understanding Emotional Regulation in Children and Teens

Emotional regulation consists of managing emotions understanding feelings, managing stress, using coping strategies at the appropriate times, problem-solving through challenges, and knowing when to ask for help. These skills can be difficult for children and teens. Adults need to teach and model regulation. Think of it as providing a scaffold of support. Some tips to remember:







- Emotions often drive behaviors. Children are not going to say, “Excuse me, I am struggling with my feelings right now.”
- Children and teens have growing brains, which means their ability to regulate themselves and manage their emotions isn’t fully developed yet. Teaching, modeling, and practicing behaviors together are the best way to develop these skills.
- Kids are able to learn best when they are calm, not when they are already overwhelmed or upset. Practice coping skills before they are needed.
- Calm-down strategies are unique for every individual. Try a variety of strategies together (such as reading, exercising, deep breathing, and coloring). Each child will have different strategies that help at different times. Exposing them to a variety of methods will help them learn what works.
- You should engage in the same coping skills with them when they are upset to provide support and model behavior (Example: “Let’s color together.”).
- When a child is calm, try problem-solving together. Involving them in the process not just doing it for them. This can help them build independence. and confidence.

January’s Focus:
Helping kids and Teens
Manage Emotions

For more information, visit:
<https://www.thepathway2success.com/6-simple-ways-to-help-kids-manage-big-emotions/>



6 Strategies to Help Kids & Teens Manage Emotions

<p>Listen</p> 	<ul style="list-style-type: none"> • "Talk to me. How are you feeling?" • "I saw you're struggling with ___ today. What's going on?" • "From 0-10, how would you rate how you're feeling?" • "Let's chat. Tell me what's on your mind."
<p>Co-Regulate</p> 	<ul style="list-style-type: none"> • "Let's take a walk together." • "I'm going to color. When you're ready, you can join me at any time." • "Let's take some deep breaths together. You can follow my lead."
<p>Give Space</p> 	<ul style="list-style-type: none"> • "I'm going to give you some space to help you gather your thoughts." • "I'll come back to you in a bit." • "Let me know when you want to talk." • "Take some time for yourself."
<p>Distract</p> 	<ul style="list-style-type: none"> • "How is your dog doing?" • "Let's play a game together." • "I have a challenge for you!" • "Can you tell me more about _____ (hobby)?"
<p>Draw or Write</p> 	<ul style="list-style-type: none"> • "Can you draw how you're feeling right now?" • "Take a minute and write down anything that is on your mind." • "Draw or write about three things that might help you right now."
<p>Problem-Solve</p> 	<ul style="list-style-type: none"> • "What do you think the problem or challenge is?" • "What are some ways we can tackle that problem?" • "How could I help you overcome that problem?"

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