

SELF-REGULATION


WHY IS SELF-REGULATION IMPORTANT?

Self-regulation is our ability to manage and respond effectively to emotions and stress – in our thinking, behavior, and actions.

In order to be able to think clearly, we have to be self-regulated.

When we are stressed or in the red zone, we cannot think clearly. When adults respond to stress in healthy ways (regulated), it helps children do the same.

TIPS FOR MAINTAINING YOUR OWN SELF-REGULATION

Take deep breaths – count to 10.  Step away from situations that are emotional. Take a “time-out” for you.

Use positive self-talk – “I am doing the best I can.”

Move your body – In a way that feels good.

Go outside – look at nature.

Use your Creativity – art and music.

Limit screen time – put away your phone.



REFLECTION:

What do you do to self-regulate?
What works best for you?

HELPING YOUR CHILD REGULATE

Children mirror our self-regulation. This is called **co-regulation**.

When we help our children learn self-regulation, we are preparing them to tolerate the many stresses of everyday life.

These are ways to help your child practice self-regulation.

HOW CAN YOU HELP YOUR CHILD MANAGE STRESS?

PLAY TOGETHER

- Play games that require start and stop skills or taking turns.
- Red Light/Green Light or board games.
- Schedule short amounts of age-appropriate screen time.
- Play catch.

MOVE TOGETHER

- Take a walk.
- Dance and sing.
- Exercise, sports, movement activities.
- Do things outdoors together.
- Garden with them.

CONNECT

- Read with them.
- Ask them for their ideas.
- Connect with empathy, such as saying “this seems hard.”
- Comfort them.
- Take a break with your child.

CREATE

- Art (even scribbling or doodling), writing, building (Legos, blocks), make videos together.
- Make sensory stations - places with sand, paint, coloring, water, or playdough.
- Make-believe together.