

# EMOTIONAL REGULATION

## *Helping Children Regulate*



## Helping parents to support children with emotions

*By Kellie-Anne Cuper*

Welcome to this topic of Supporting Children With Emotional Regulation. I would like you to think back to when you were your child's age. How were emotions talked about? Or were they avoided? Did you feel like anyone ever cared about your feelings?

Children learn how to cope with emotions by watching the adults in their lives. So that is why it is so important to reflect inwards and focus on your own relationship with emotions first.

Now reflect with me on the ASK YOURSELF questions. Be as honest as you can and take the time you need.

### ASK YOURSELF

---

**WAS OPEN EXPRESSION OF EMOTIONS SUPPORTED WHEN I WAS YOUNG?**

---

**DID I FEEL THAT ADULTS EMPATHISED WITH MY EMOTIONS?**

---

**HOW WAS ANGER SEEN IN MY FAMILY?**

---

**AM I MODELLING THE COPING SKILLS I WANT TO TEACH MY CHILD?**

---

## COUNSELLING & PLAY THERAPY

# Safety and connection - the adult is the co-regulator

When it comes to your child's emotional regulation, managing your stress levels is the key, it enables you to show up without the added stress.

Teaching your child to name emotions and where they sit in their body can be really important to build emotional awareness of self and others.

Help your child to reduce stress, by knowing what triggers them. Make the unknown known so they have time to process what will happen in situations they are unsure of.

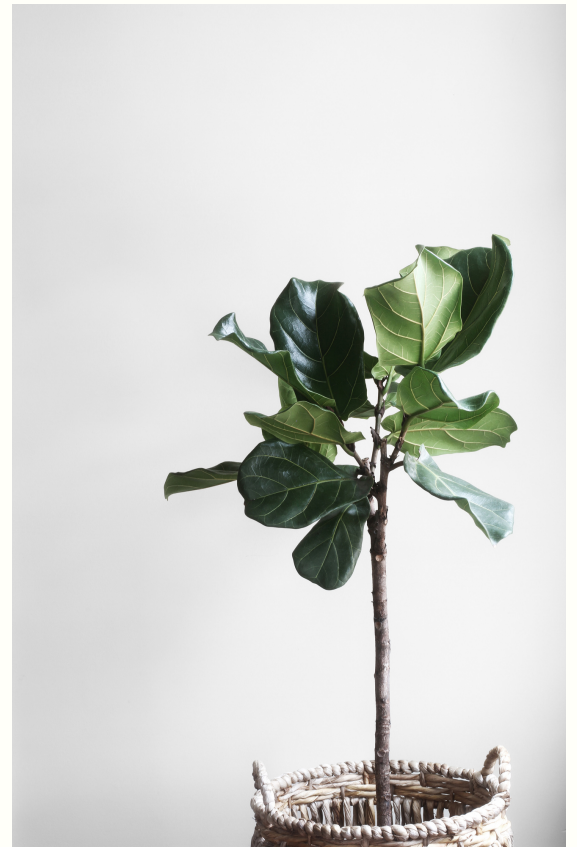
Exploring coping tools together can bring connection and the message that "I'm here to sit in this with you", what can we do? Offer your child some ideas such as, blowing up the ballon in their tummy, rocking side to side, or do they need a hug, to jump up and down or play with a fidget toy. Whatever skill they choose, try to do this with them.

Thank you for showing up for your child, if you require more intensive support, I offer parent counselling and education sessions.

Now that you have done the self reflection questions, let's get into the practical tools of how to support your child with their emotions.

First thing I like to say to parents is ...If your feeling overwhelmed please breathe, this will help with your own regulation and serve as the very first tool you will be using on the journey to help you child with their emotions.

Each experience is an opportunity to learn, reflect and build new skills.



**Grounded**  
COUNSELLING & PLAY THERAPY

[www.groundedcounselling.com.au](http://www.groundedcounselling.com.au)