



# 7 Tips for Cultivating Emotional Regulation at Home

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## 1. Implement a warm, responsive relationship with your child.

This will enable your child to feel safe, learn and make mistakes as they increasingly navigate bigger decisions and more challenging situations on their own.



## 2. Use everyday situations to promote regulation strategies.

Teachable moments may include taking turns during a favorite game, waiting to open gifts until their birthday, taking 5 secs of 'thinking time' before guessing an answer. It isn't necessary to avoid situations that are difficult for your child to manage; instead, practice problem solving these triggers through smaller, more controlled situations.



## 3. Support your child identify a higher goal.

Help your child control their impulses by explaining the bigger picture. For example: *'Why do we share our toys with our friends? Because we want to stay friends with others, and if we give a little to others, we can get some of what we want as well.'*



## 4. Modeling

*'More is caught than thought.'*

Imitation is how your child will learn positive emotional regulation skills. Modeling creates an opportunity for parents to exhibit positive behaviors in front of their children. Try to stay conscious of this and demonstrate respect, listening skills, empathy and validation whenever possible. Our children are always watching and remember, *children do as you do.*



## 5. Build a Toolkit

Create or re-create an emotional regulation toolkit that helps your child gain skills in managing their actions. For example, exploring different levels of reaction or responsiveness and how this impacts their attention, learning and behavior (e.g., 'too high', 'too low', 'just right'). Have a toolbox of strategies that your child can implement at the different levels. Be consistent in using the same choice words and framework (e.g., color coding, visuals etc.).



## 6. Recognize the challenge of emotional regulation.

This is not an easy skill for children. When they are having a difficult time, acknowledge their struggle and validate their feelings so that they feel heard and supported.



## 7. Keep in mind that regulation skills are cultivated over a lifetime.

Building emotional regulation skills may feel like it takes a lifetime, however, this invaluable skill will last a lifetime.