

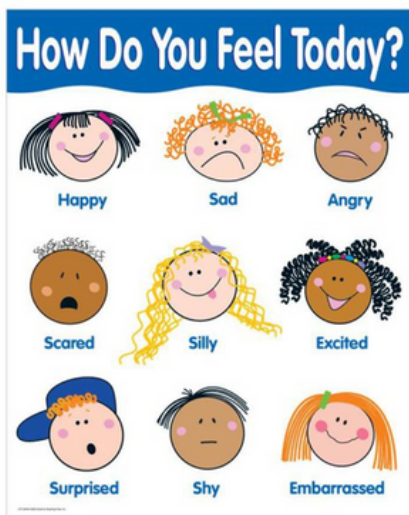
HELPING REGULATE EMOTIONS

IN TODDLERS & PRESCHOOLERS

USE BOOKS AND APPS TO BUILD EMOTION IDENTIFICATION AND AWARENESS SKILLS



HELP YOUR CHILD RECOGNIZE AND SEE THE VALUE OF EMOTIONS



- Label and talk about emotions in your child, yourself, and others (e.g., it makes me proud to see you sharing with others)
- Use an emotions chart to check in with your child and help them identify what they are feeling and why
- Validate your child's emotions (both the positive and negative ones) and experiences around emotions

MODEL HEALTHY EMOTION REGULATION STRATEGIES & ACKNOWLEDGE IF NOT

- Modeling healthy regulation is easier said than done
- Take deep breaths, label when you need to take a break or distract yourself because you are becoming upset
- If you're about to lose your cool, take a minute to breathe and calm down before addressing the situation, or ask another caregiver to step in to help
- If you do overreact or say something you regret later, apologize and acknowledge that you overreacted to your child -- this is modeling for your child how to do the same in the future!
- Think about Whole Health - Healthy Body, Healthy Mind, Healthy Spirit - take care of your needs (e.g., exercise, eating, social support) so you are best able to take care of your children

ENCOURAGE SELF-SOOTHING

- **Create a calming corner in your home (or school)** - a comfy place with some sensory objects, books, and things to help calm down (e.g., calm down choices chart, coping skills wheel) - encourage your child to go to it when they need space and/or to calm down
- Encourage and support your child in developing and using a range of coping skills

TURTLE TUCK

Recognize that you are angry.

Think "Stop."

Go into your shell, take three deep breaths and think calming thoughts.

Come out of your shell when you are calm and try one of your solutions.



Social Emotional
Ways Workshop

#SELKIDNELLS

CALM DOWN WITH TAKE 5 BREATHING



Coping Skills Wheel 9 Ways to Handle Big Emotions

