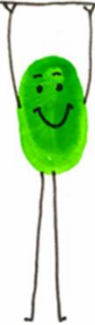


Emotional Regulation

Parent Coffee afternoon

Mental Health
Support Team



MENTAL HEALTH SUPPORT TEAM (MHST)
Emotional Health Service
Achieving for Children
42 York Street
London TW1 3BW



achieving
for children



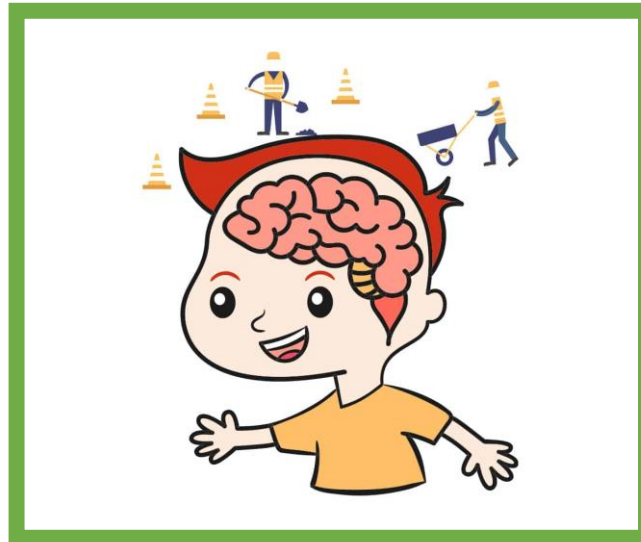
Are you OK
Kingston?



Are you OK
Richmond?

What is this coffee afternoon is all about?

The coffee afternoon aims to help you help your child in understanding emotions in themselves and how to regulate them. Children don't know how to do this themselves, they need their parents/carers to teach them!



Why do we have emotions?

They help us to survive

They help us to change or process/understand situations

They help us to communicate



What is emotional regulation?

Emotional Regulation:

A person's ability to effectively manage and respond to their emotions by:

- **Identifying** the emotion (emotional literacy)
- Thinking about the **intensity** of the emotion and the **trigger**
- Doing something to **manage** the emotion

Bodily Sensations

The body can be an important tool to help us recognise our emotions. For example:

- Tummy ache= worried
- Fidgety= nervous/overwhelmed
- Shallowed/Quick breathing= panicked/scared
- Tense muscles= frustrated/angry
- Making the body physically small= frightened

‘Try it out’



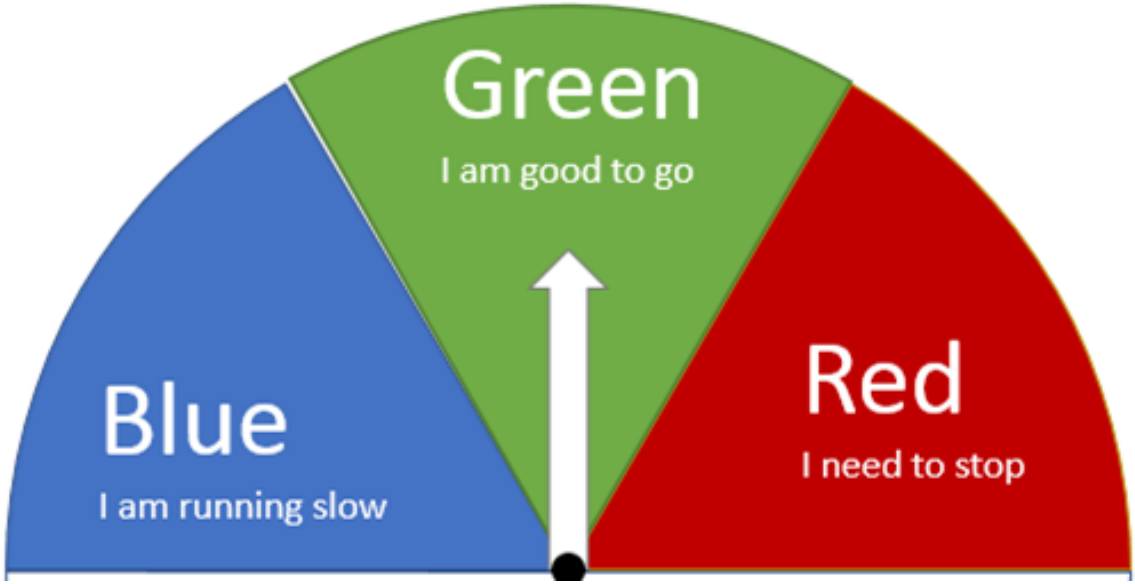
Behaviour - Being curious

Children often use behaviour to show an emotion

- What might the child really be communicating? What is the emotion underneath?
- What does the behaviour tell me about what my child needs in this moment?



States of arousal! How is your engine running?



High



Just right



Low

Down regulating activities



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Up regulating activities

Chasing/running/spinning/using playground equipment

Start/Stop games

Putting on some music that they like and dancing/singing along

Pay attention to surroundings: count how many things you can see of one colour

Eat or drink something with a strong taste: lemons, peppermint sweets, something spicy etc



Take a deep breath.....!




“When *little people*
are overwhelmed by
big emotions, it’s
our job to share our
calm, not join their
chaos.”

-L.R. KNOST

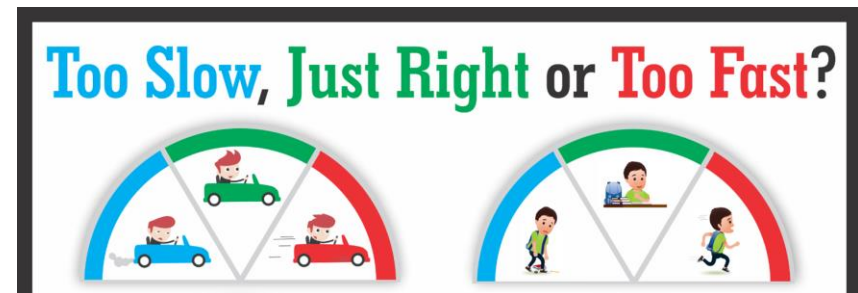
The Gottman Institute

Breathe Bubble

breathe in



Visual tools for supporting your child to regulate their emotions



Visual tools for supporting your child to regulate their emotions



ZONES OF REGULATION!

Blue	Green	Yellow	Red
Sick Sad Tired Bored Moving Slowly	Happy Calm Good to Go Focused Ready to Learn	Frustrated Worried Silly/Wiggly Anxious Excited	Mean/Angry Mean Yelling/Hitting Out of Control I Need Time and Space

COURTESY: JAMIE WELSH, OCCUPATIONAL THERAPIST



Emotion Mood Face Chart





Communication and Visuals:

Ask how characters in books and films may be feeling

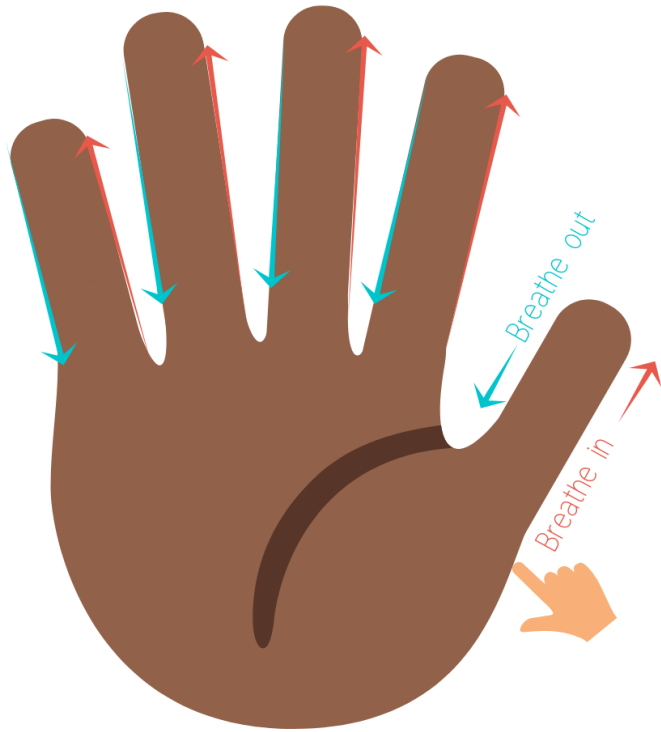


Avoid 'good' or 'bad' labels for emotions



Tools for Regulation

5 Finger Breathing



1. Trace the outline of your hand with a finger
2. Move slowly
3. Inhale through your nose as you move up your finger
4. Exhale through your mouth as you move down a finger
5. Continue for all 5 fingers


Tools for Regulation

Stay Grounded Using Your 5 Senses

Relax Your Body, Take a Few Deep Breaths and Focus on the Following...

5 Things You Can See 

4 Things You Can Feel 

3 Things You Can Hear 

2 Things You Can Smell 

1 Thing You Can Taste 

Physical Contact

Sensory stimulation and warmth to help calm and regulate the body.



Physical Contact



Overstimulated

Deep pressure

Grounding

Regulation

Rocking

Calm down space



Calm Down Menu

Calm Down MENU

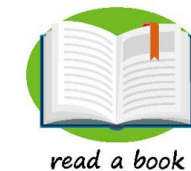
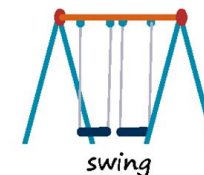
 Journal	 Play-Doh	 Walk
 Deep Breath	 Body Scan	 Color
 Fidget	 Talk about it	 Music



Help Us
Calm Down
Strategies for Children

Try these strategies with your child! The more you use a calming strategy and practice the strategy with your child, the more likely they are to use the strategy when experiencing anger, stress, sadness, or frustration.

I can...



Modelling emotions for your child

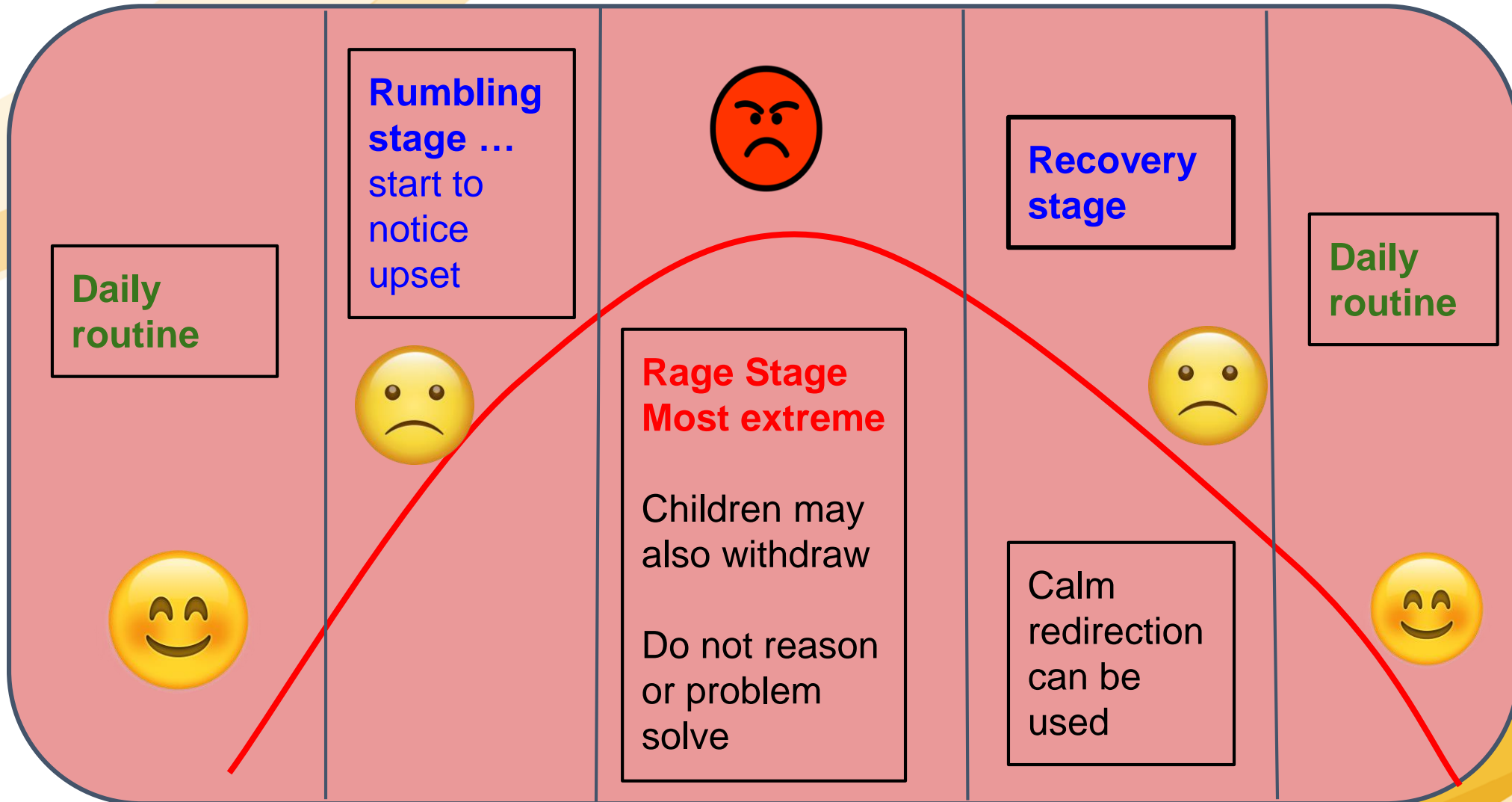
How do you respond
to stress?

How do you destress?

What helps **you**?

Talk about your own emotions e.g. *"I'm feeling quite frustrated today because...I'm going to ... to help me calm down"* and **model emotion regulation**

Crisis curve



Helpful Parent Behaviours

Rumbling Stage

- Stay calm
- Talk quietly
- Take deep breaths
- Stay close (if your child wants this)
- Avoid conflict
- Don't get into a power struggle
- Be empathetic and understanding
- Use some calming or grounding strategies
- Attempt to distract or redirect

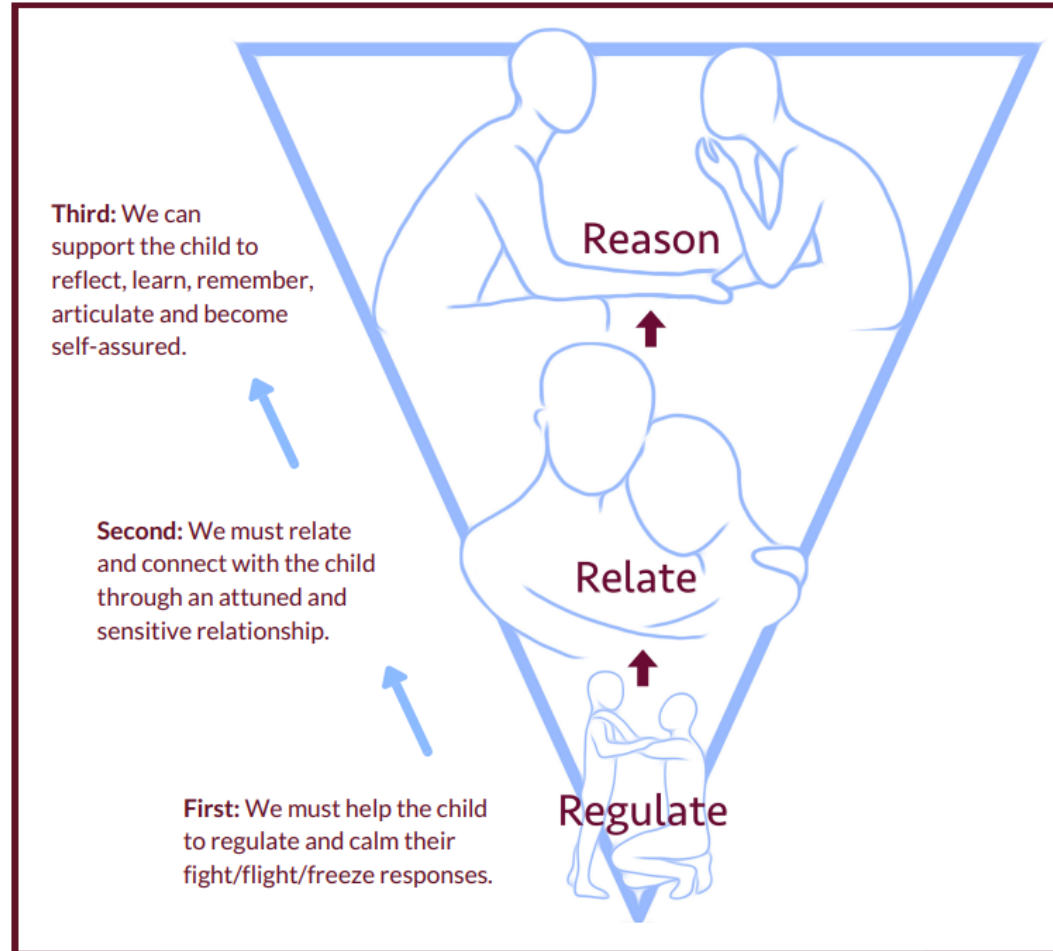
Rage Stage

- Protect your child and others from harm
- Don't punish
- Don't take your child's behaviours personally
- Remove any witnesses
- Be aware of your body language
- Avoid conflict
- Remain calm

Recovery Stage

- Be aware your child may return to the Rage stage
- Give your child time to become calm
- Offer gentle redirection and distraction
- Use calming and relaxation strategies
- Allow sleep
- Be aware that your child may become upset, embarrassed, feel guilty or shame and want to say sorry
- Don't talk about the rage behaviours unless they want to

Timing is important!



Emotional Validation

Stay with the emotion they are feeling

Name emotions

“Wow, you seem really angry!”

“You look surprised”

“You seem very frustrated..what can we do to help that?”

Try not to fix, rescue, or try to talk children out of their feelings



Tools for Regulation

Empathy

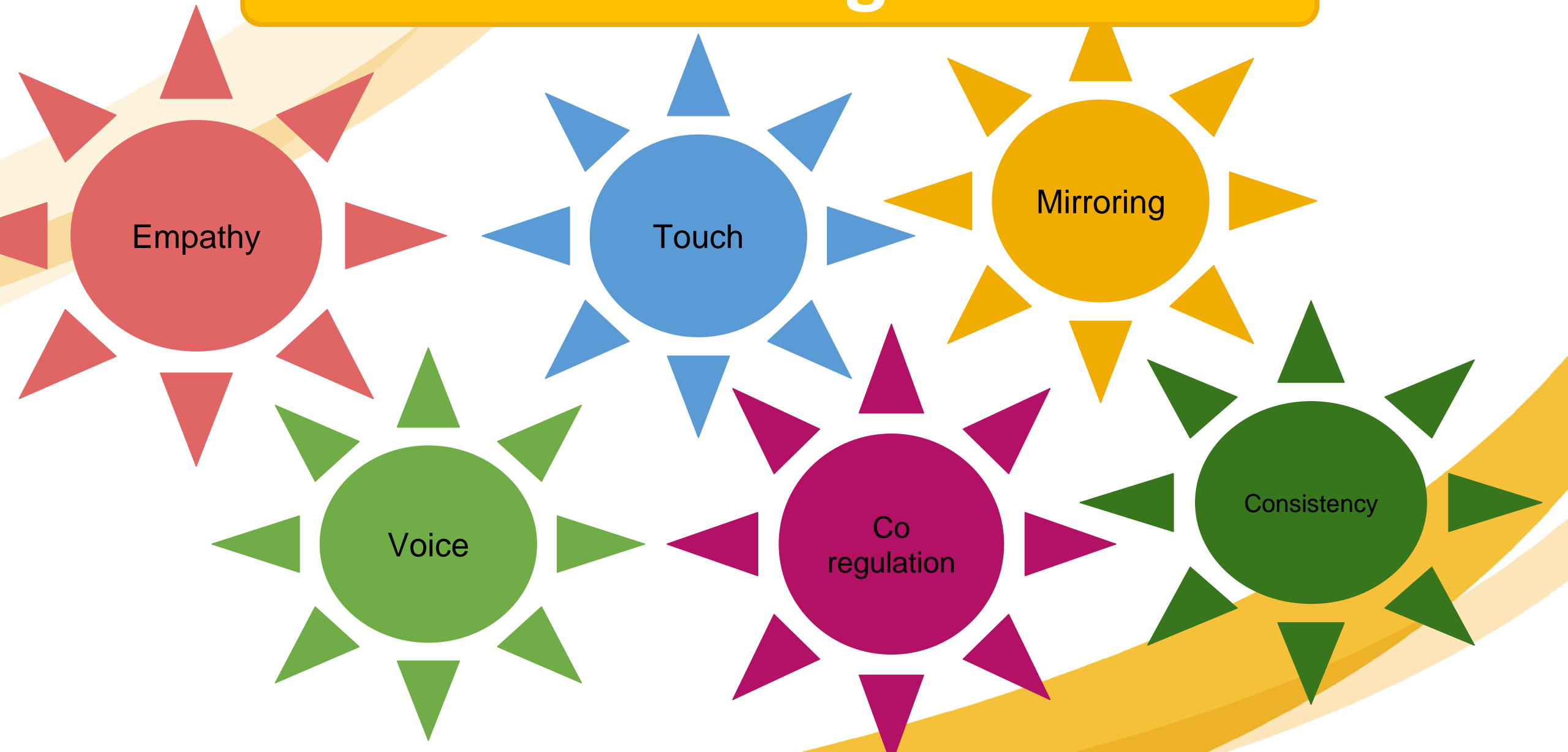
Touch

Mirroring

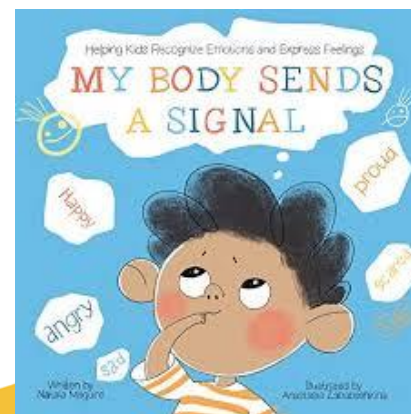
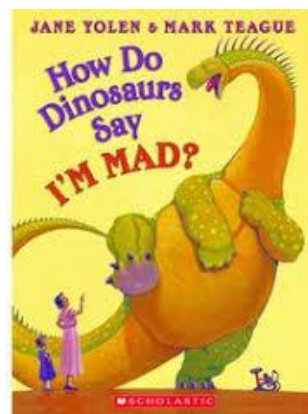
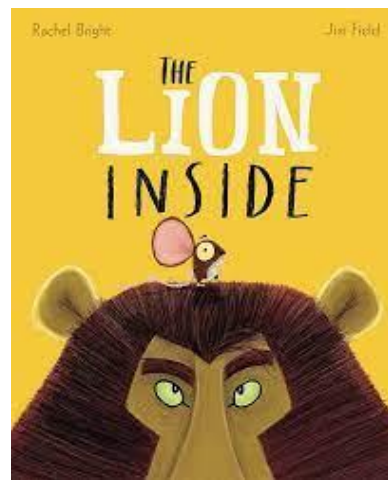
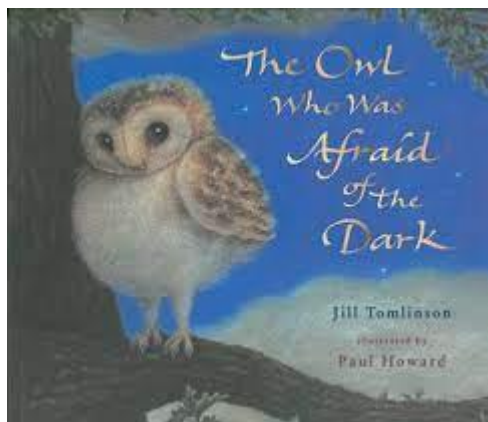
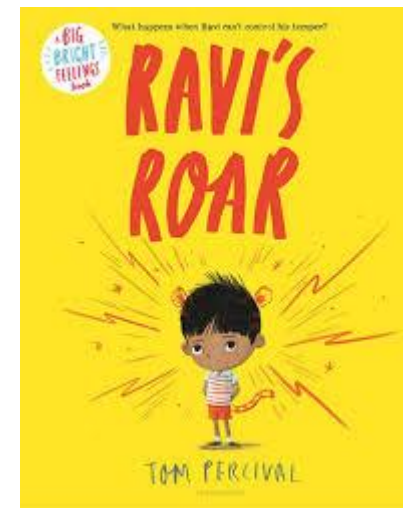
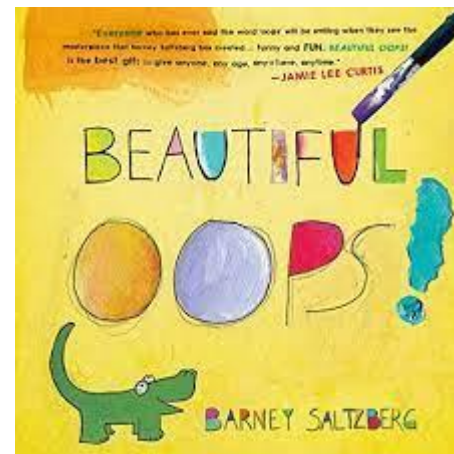
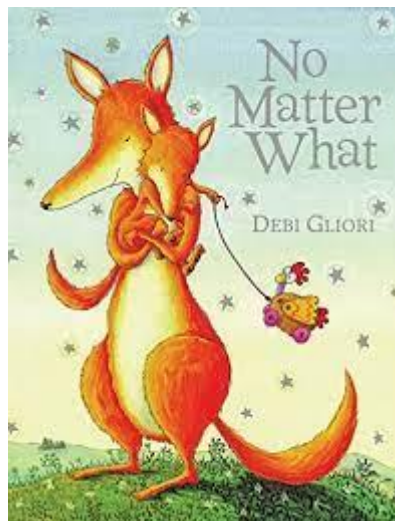
Voice

Co
regulation

Consistency



Books about feelings



Useful Resources

BBC Bitesize (parents toolkit, wellbeing)

Cosmic Yoga (Youtube channel)

Calm (app and Youtube meditation videos)

Your Mindful Garden (CBeebies)

Young Minds website (lots of resources for parents and children/teenagers around wellbeing and mental health). Parent/carer advice helpline 0808 8025544

Mighty Cards - wellbeing ideas and calming activities for 4-11 year olds

[The Body Scanner! Mindfulness for Children](#)

[Belly Breathing: Mindfulness for Children](#)

[Butterfly Hug! 6-Minute Self-Soothing Meditation For Children Using The Butterfly Hug Technique.](#)

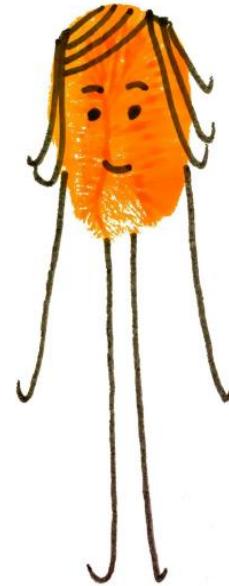
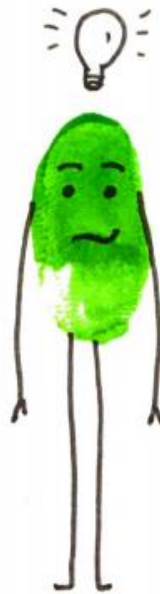
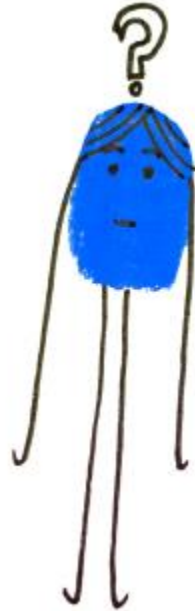
Your School Mental Health Support Team

The Mental Health Support Team (MHST) is an early intervention team of mental health practitioners who provide emotional wellbeing support to children, young people, families/carers and staff in school settings, within Kingston and Richmond. The teams are delivered by Achieving for Children as part of our Emotional Health Service.

If you would like further support from our team, please speak to the Mental Health Lead staff member at your child's school, or you can contact us at:

Mhstbusiness.support@achievingforchildren.org.uk

Questions - Ideas - Feedback



Contact us on:

mhstbusiness.support@achievingforchildren.org.uk