



# Newsletter

The Contented Child

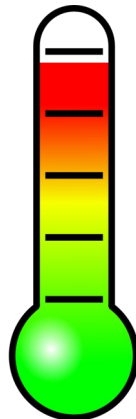
Welcome to our newsletter, the topic for this week is **WHAT IS EMOTIONAL REGULATION?** You may have noticed your child or young person finding it difficult to regulate their emotions (or even yourself) during the last few months. This could have resulted in meltdowns or tears, increased defiance or anxiety, We hope the content of today's newsletter will support you in identifying this. Next week we shall be covering **CALMING STRATEGIES**. Follow our Facebook page for more articles.

## WHAT IS EMOTIONAL REGULATION?

A child (or adults) ability to regulate their emotions and resulting behaviours—to express his or her feelings in constructive rather than impulsive or hurtful (to themselves and others) ways.

### RECOGNISING THE CHILD WHO IS EMOTIONALLY DYSREGULATED

- Cannot describe how they are feeling
- Rarely talk about their emotions
- Express their emotions in unhelpful ways
- Don't recognise their emotions got the better of them



## IS IT A LACK OF THE ABILITY TO REGULATE EMOTION?

### What You See and What is Going On

<p><b>SENSITIVE</b></p> <ul style="list-style-type: none"> <li>• Cries over smallest things</li> <li>• Gets sad when you leave</li> <li>• Doesn't like being alone</li> <li>• Can't watch super sad movies</li> </ul>	<ul style="list-style-type: none"> <li>• Child lacks self-regulation</li> <li>• Child is worried about new things and needs help gradually being introduced to them</li> <li>• Child has an inner fear they are unable to verbalise</li> </ul>
<p><b>ANGRY</b></p> <ul style="list-style-type: none"> <li>• Yells and screams often</li> <li>• Throws things and is destructive</li> <li>• Crosses arms and shuts down</li> <li>• Shouts 'I hate you' or 'Go away'</li> </ul>	<ul style="list-style-type: none"> <li>• Child is unable to recognise emotions</li> <li>• Child does not have appropriate coping strategies</li> <li>• Child needs help with calming strategies</li> <li>• Child is worried about 'unknown' feelings</li> </ul>
<p><b>PERFECTIONIST</b></p> <ul style="list-style-type: none"> <li>• Nervous about breaking rules</li> <li>• Can't handle getting things wrong</li> <li>• Doesn't ever want to miss school</li> <li>• Scared of answering things wrong</li> <li>• Struggles with constructive criticism</li> </ul>	<ul style="list-style-type: none"> <li>• Child is struggling with negative thought patterns</li> <li>• Child needs help connecting thoughts and actions</li> <li>• Child has problems verbalising their fears</li> <li>• Child thrives on doing things 'right'</li> </ul>
<p><b>SHY</b></p> <ul style="list-style-type: none"> <li>• Hides between your legs</li> <li>• Scared of 'new' people</li> <li>• Fearful of change</li> <li>• Doesn't like going new places</li> <li>• Prefers playing with familiar friends</li> </ul>	<ul style="list-style-type: none"> <li>• Child unable to verbalise worries and fears</li> <li>• Child is cautious of anything new and wants to understand the situation fully</li> <li>• Child needs help making plans for 'new' adventures</li> </ul>
<p><b>OVER-EXCITED</b></p> <ul style="list-style-type: none"> <li>• Becomes 'hyper' when guests come over</li> <li>• Says inappropriate things around others</li> <li>• Makes jokes at inappropriate times</li> <li>• Jumps on furniture</li> <li>• Plays rough with others</li> </ul>	<ul style="list-style-type: none"> <li>• Child is unable to detect their inner 'engine'</li> <li>• Child needs help regulating their excitement</li> <li>• Child lacks calming strategies for building anticipation</li> </ul>



## USEFUL WEBINAR

Supporting Your Child's Emotional Regulation 14 July 2020 at 8pm with Niki Green. Cost £10 per household. Booking via [www.thecontentedchild.co.uk/webinars/](http://www.thecontentedchild.co.uk/webinars/).

**EMOTIONAL REGULATION IS NOT FULLY DEVELOPED IN THE BRAIN UNTIL 25 YEARS OLD— SELF REGULATION IS DEVELOPED THROUGH CO-REGULATION WITH A SAFE, TRUSTED ADULT.**

## TOP TIPS

- Develop an understanding of emotions
- Build the young person's understanding of their triggers
- Encourage them to talk about their emotions, to reflect and build problem solving skills
- Educate them to recognise the signs of emotional dysregulation and the optimum time to use calming strategies
- Support them to develop mentally healthy habits and coping skills.

## Books for Emotional Regulation

How are you feeling today? - Molly Potter Find Out About Feelings—Pat a Cake The Colour Monster—Anna Lineas  
How to Be a Superhero Called Self-Control—Lauren Bruckner In My Heart, A Book of Feelings—Jo Witek

## YOUTUBE

Why do we lose control of our emotions? Kids want to know. Just Breathe—Julie Bayer Salzman and Josh Salzman

For more information on the services that The Contented Child offer, including webinars on a wide range of topics, for parents and educators visit [www.thecontentedchild.co.uk](http://www.thecontentedchild.co.uk)