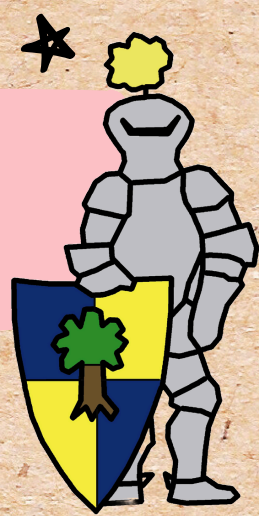


Self regulation



Why is it important?

Self-regulation is the ability to understand and manage your behaviour and your reactions to feelings and things happening around you. It includes being able to:

- regulate reactions to strong emotions like frustration, excitement, anger and embarrassment
- calm down after something exciting or upsetting
- focus on a task
- refocus attention on a new task
- control impulses
- behave in ways that help you get along with other people.

From time to time, different things can affect your child's ability to self-regulate. For example, tiredness, illness, changes to your child's routine, and significant or traumatic events can affect your child's ability to regulate their reactions and behaviour.

What sort of targets will Knightwood children be working on?

As always the targets will be matched to the development stage of the children, but may include things like:

- I recognise physical feelings are linked to my emotions
- I can recognise when I am not coping
- I can calm with support
- I can admit when I make the wrong choice
- I can share how I am feeling with support

How can parents help at home?

Here are some ideas for you to try at home:

- Have predictable routines at home. E.g. bedtime, dinner time, morning routines.
- Make time to discuss problems and resolutions with your child.
- Have a selection of calming activities available e.g. dot to dot, word searches, playdoh, colouring, lego.
- Use a number scale 1-10 to help your child identify how they are feeling.
- Name and label emotions e.g. excited, angry, surprised, worried, disappointed, confused.

"I can see that you might be feeling worried, let's go outside for some fresh air."

- Create a safe space at home for your child to go to when they are feeling overwhelmed. E.g. tent, cosy corner
- Become familiar with 'The Zones of Regulation'
- Prepare and give warning for transitions. In 5 minutes we are going to get our shoes on and leave for school. In 2 minutes, In 1 minute.