SELF-REGULATION

Helping children manage feelings, energy & behavior

What does it mean?

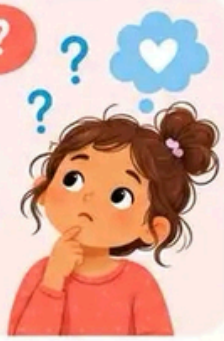
SELF = you or me
REGULATION = managing and adjusting

Self-regulation means noticing and managing our emotions, energy level, impulses, and behavior.



Why is it challenging?

Children are still developing impulse control, working memory, and flexible thinking. These skills grow through practice and support.



Everyday practice

- Pause before reacting
- Consider others
- Adjust to change
- Choose a helpful response

Ways to support regulation

Connect first



Offer calm support and name the feeling.

Breathe slowly



Try gentle breaths with a longer exhale.

Move your body



Walk, dance, stretch, or play.

Reduce overload



Lower noise, soften lights, or take a quiet break.

Use calming tools



Try a fidget, drawing, or a comfortable blanket.

Meet basic needs



Offer water, rest, and a snack when needed.

Children learn self-regulation through co-regulation: your calm, consistent support.

Choose strategies that fit your child's developmental and sensory needs.

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