



Six Coping Strategies To Help Your Child Control Emotions

Your child needs coping strategies to help get their emotions under control.

What is Emotional Regulation?

Emotional regulation is the ability to manage your emotional responses and keep your emotions in check. We often cannot control the things that life throws our way, but we can learn to control our response. A person who is able to take charge of their emotions instead of allowing their emotions to take over is practicing emotional regulation. It does not mean you are avoiding negative emotions or negative feelings. You're simply noticing and monitoring your feelings so you're able to adjust and respond effectively in different situations.

Why is Emotional Regulation Important?

Having self-awareness and being able to tune into how you're feeling helps you to greet your emotions in a healthy way.

Here are some coping strategies that are useful are:

- 1 Create a calming / quiet retreat in your home when your child can retreat to be alone
- 2 Listen to music (and dance if it helps)
- 3 Take a bath
- 4 Create! Draw, color, paint
- 5 Drink a mug of something comforting like warm cocoa or apple cider
- 6 Blow bubbles
- 7 Squeeze a stress ball or play with fidget toys
- 8 _____
- 9 _____
- 10 _____