

Grande Prairie Family  
Centered Coalition

# ***NEWSLETTER***

OCTOBER 2020

## **Stress Strategies**

Quick ways to relax

- Deep Breathing
- Reach for the sky, touch the ground
- "I dunno" shrugging shoulders



## **Let's Teach Emotional Regulation**

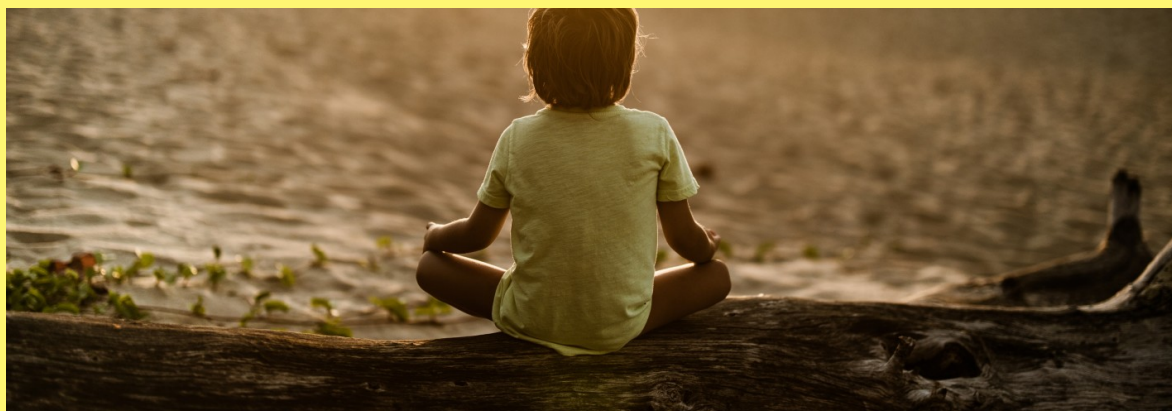
The parent-child/ caregiver-child relationship plays a significant role in the development of emotional regulation in toddlers. All children need adults to help them learn how to deal with their thoughts and feelings. Modeling a positive and supportive attitude, expressing negative emotions appropriately and providing a consistent daily routine will help your child better manage his or her emotions. By learning and practicing these things as adults we can help children learn positive ways of dealing with emotions that may be overwhelming.

Emotional Regulation is how you manage your emotions and ensure you act appropriately and responsibly. Children's understanding of emotions grow as they do. At age two toddlers start to understand that other people can have different feelings than they do. By age three they begin to realize that feelings exist in the past and future as well as the present. By age four they begin to understand and experience positive and negative feelings about others. As well, preschoolers begin to be able to tell the difference between fantasy and reality. It is important for children to learn how to manage their emotions, so they can develop successful interpersonal skills. This will help them have healthy, positive peer relationships as children and adults, and will prepare them for the social aspect of school.

## Grande Prairie and Area Family Resource Network



If you would like more information on supports for your family contact the FRN at 780 830 0920.



## TEACHING KIDS SELF-REGULATION

Self-regulation is the ability to control behavioral and emotional responses. It's having the skill to calm yourself down when you get upset, to adjust to a change, and to handle frustration without outbursts. And it's a foundational developmental skill!

Teaching self-regulation takes practice and patience. Here are some simple ways to support your kids' self-regulation skills on a daily basis.



1	FRESH AIR		Provide opportunities for outdoor play to let the energy out. Increased heart rate = more blood flow to the brain = more brain power.
2	BUBBLES		Blowing bubbles is a kid-friendly way to practice deep breathing, because to blow them you need to breathe from the belly, at a regular tempo.
3	READ TOGETHER		Reading books about emotions is a great way to discuss all the feelings kids have.
4	LISTEN TO MUSIC		Calm music can help settle kids down. Making up simple, silly songs can also help children remember self-regulation strategies.
5	REST & NUTRITION		Lack of sleep, dehydration, or a hungry tummy can take a toll on anyone's social-emotional skills! Sometimes all a kid needs is a snack or a nap.

*When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary- Fred Rogers*