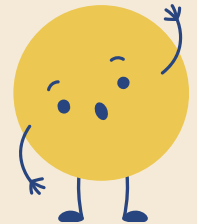


Self-Regulation

Here's what we know about self-regulation:

- Self-regulation is how we deal with stressors and recover from them.
- It is how we manage our feelings, thoughts, and actions so we can be calm, focused, alert, and ready to cope with everyday life and learn.
- Children's self-regulation is affected by everyday stressors such as lack of sleep, hunger/poor nutrition, feeling overwhelmed (transitions or family changes), being unwell, and restlessness/need for movement.
- Self-regulation can also be harder when children use screens more than recommended, or when the environment is not a good fit (e.g., noise, lighting, overcrowding, overstimulation/understimulation, or limited movement opportunities).
- With support that matches a child's age and developmental abilities, children can learn strategies to cope in different environments and manage strong emotions.
- "Challenging behaviour" often signals that a child is having difficulty coping because of stress, skills they are still developing, or unmet needs.



Trusting Relationships & Connection

Co-regulation is the foundation of self-regulation. Children learn to manage emotions through the calm, regulated, and supportive presence of caring adults. When parents and caregivers stay steady and responsive, children gradually develop their own coping and regulation skills.

When parents and caregivers consistently notice, respond to, and soothe an infant's cues, they help the child manage stress and gradually learn to calm themselves as their brain develops.

Support your child's ability to cope in different environments. Children may respond differently depending on the setting. For example, a grocery store, party, or playground may feel overwhelming or tiring. Offering reassurance, patience, and support helps children adjust and feel secure.

Help children understand, identify and label their feelings and responses. For example, "You must have felt frustrated when Omar took your toy. Let's go talk to Omar together."

Support them while they release emotions using "time ins". For example, "I see that you are angry right now. It's okay to feel angry. I will stay with you until you feel calm."



Play

Model and practice social skills and problem-solving through songs, stories, and play.

Songs, stories, and unstructured play help children learn how to manage emotions and navigate challenges. For example, you might use a song or short video to practice calming strategies like deep breathing together.

Support System

Get connected to people, programs, and services that can help.

Connect with informal supports such as family, friends, neighbours, and other parents or caregivers in the community.



A bilingual Eastern Ontario service that connects children, youth, and families to the right mental health and related supports, when they need them.

613-260-2360 or 1-877-377-7775

Website: 1Call1Click.ca



Scan for support