

## Family Resource Connection Newsletter March 2020

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**Early ON**

Child and Family Centre

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Centre pour l'enfant et la famille

### What is Self-Regulation and why is it important?

Self-regulation is a child's ability to manage his or her:

energy states

emotions

behaviours

attention

social interaction

A child's ability to deal with stressors in his or her environment and/or relationships.

(Stuart Shanker, Compiled by Cory Helm)

### How can you help a child learn self-regulation?

Each child feels emotions differently. As parent's caregiver's and educator's we can help children label their emotions and validate their feelings.

"Parents/caregivers play a large role in helping children learn self-regulation by offering support when needed."

(Stuart Shanker, in Calm, Alert and Learning 2012)

### Activities that Assist with Self Regulation

- Make it part of your routine on a daily basis too do breathing exercises with your child
- Role model for your child the breath exercises
- Help your child recognize emotions – Label how you are feeling, encourage children to talk about how they are feeling
- When children are feeling calm, look at books and photos of children. Talk about how they are feeling by looking at their faces

**March 17** Come and wear your favorite green outfit

**March 19<sup>th</sup>** Joanne Gallagher will be running a workshop on helping children manage big emotions at 10:00am