

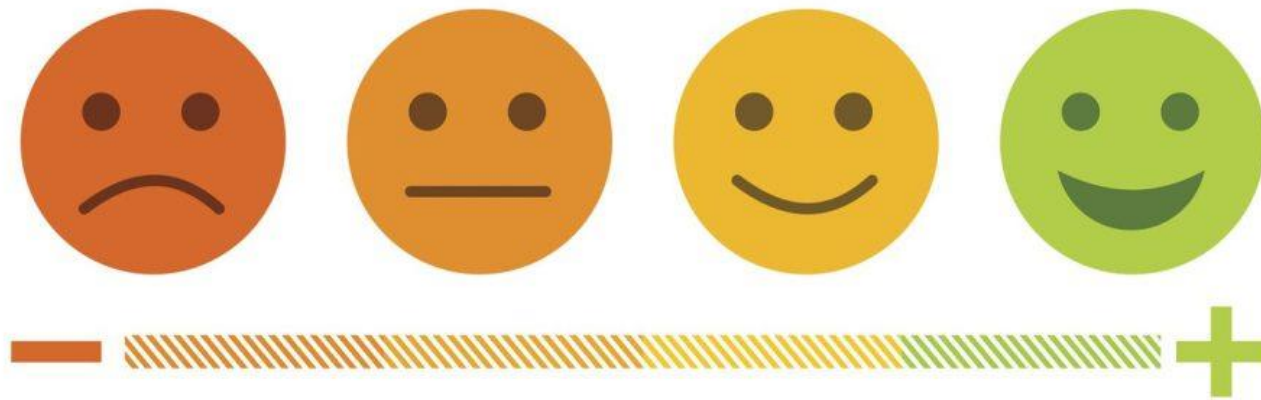
Child Emotional Development and Strategies to Help Kids Manage Emotions

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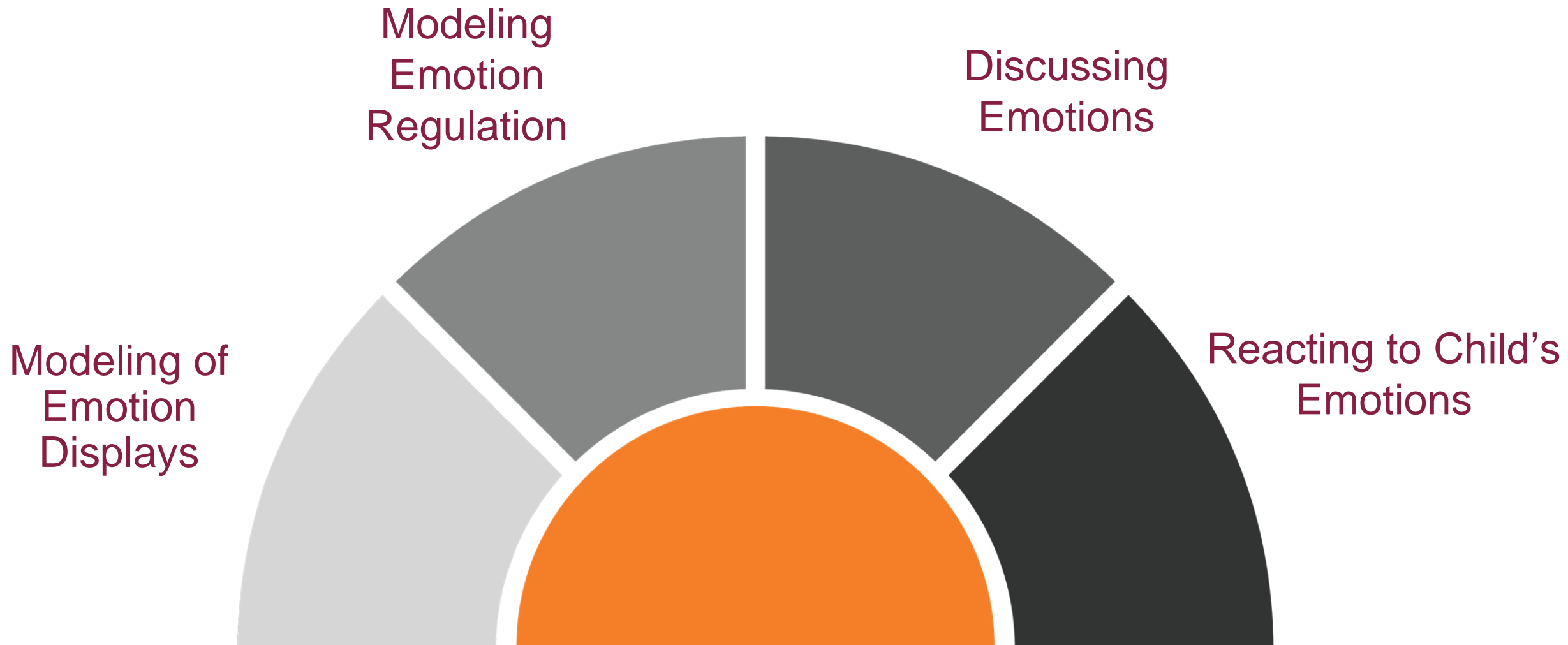
What messages were communicated about emotions to you as a child?



Join at menti.com | use code **6835 4621**

What is Emotion Socialization?

Emotion Socialization



Emotion Socialization

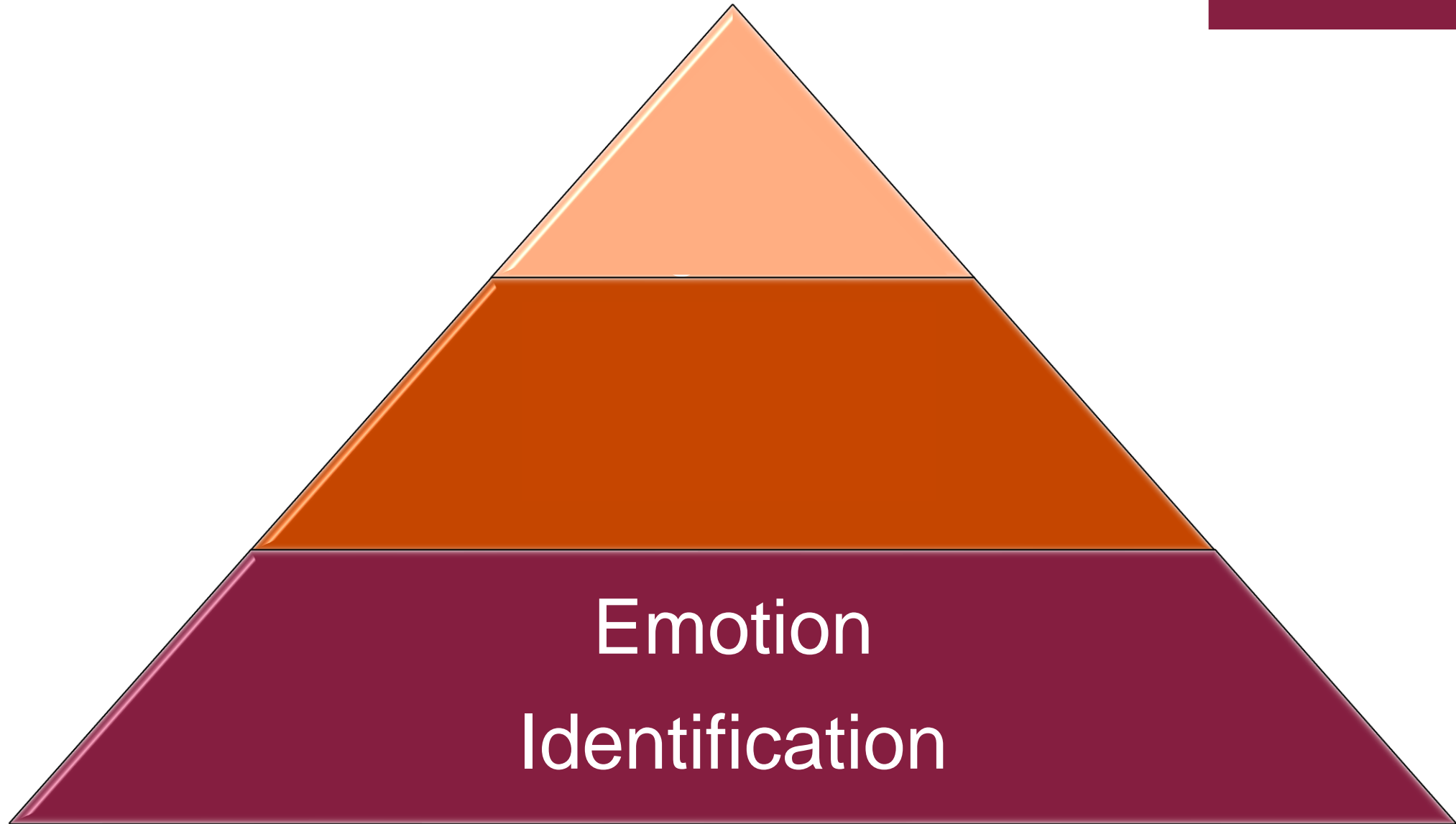


- **Supportive Reactions**
 - Reflecting back emotion
 - Validation
 - Coached problem-solving
 - Comfort



- **Non-supportive reactions**
 - Punishment
 - Minimization
 - Distress
 - Escalation

Learning to Manage Emotions: Developing Self-Regulation



Self-Regulation

- Begins at birth and continues into emerging adulthood
- Control impulses, make better decisions, not over react when experiencing a strong emotion

Parenting Strategies to Support Self-Regulation Across Development

Strategies Parents Can Use with Infants and Toddlers

- **Model regulation - be warm, calm, responsive, and soothing**
- **Encourage self-soothing**
- **Point out and label emotions**

Strategies Parents Can Use with Preschoolers

- **Label and talk about emotions in child, self, and others**
- **Use an emotion chart**

MY EMOTIONS



Happy



Angry



Sad



worried



Excited



calm



silly



scared



disappointed









Frustrated



Relief



Embarrassed

 Happy	 Excited	 Sad	 Thirsty
 Surprised	Right Now I Am Feeling...		 Sick
 Tired			 Confused
 Upsed	 Angry	 Hungry	 Scared

Strategies Parents Can Use with Preschoolers

- **Model basic emotion regulation strategies (e.g., distraction, deep breaths)**
- **Talk through strategies**
- **Keep a routine to help with transitions**

morning routine

<input type="checkbox"/>		get dressed
<input type="checkbox"/>		eat breakfast
<input type="checkbox"/>		brush teeth
<input type="checkbox"/>		go potty
<input type="checkbox"/>		backpack/jacket
<input type="checkbox"/>		go to school

Bedtime Routine



CLEAN MY DINNER PLATE



CLEAN UP MY TOYS



TAKE A BATH



PUT ON MY PAJAMAS



BRUSH MY TEETH



GO TO THE BATHROOM



BEDTIME STORY

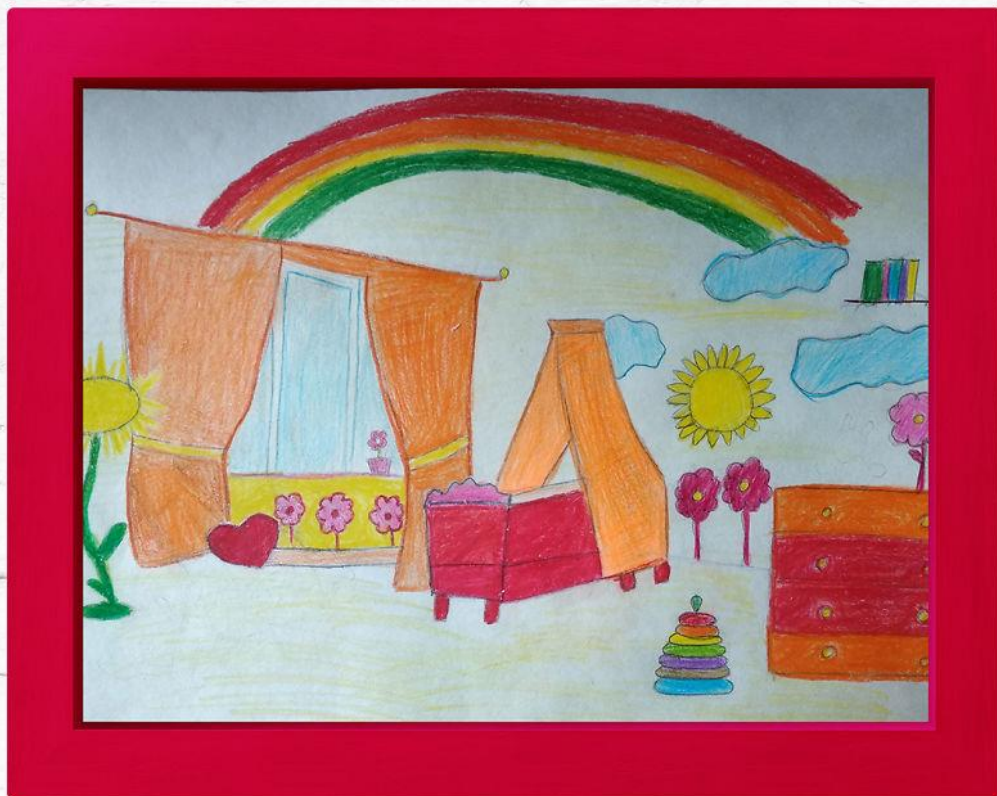


GOODNIGHT KISSES

Strategies Parents Can Use During Childhood

- **Discuss options**
- **Rehearse/act out strategies**
- **Use visuals**

UKRAINE - VIOLA (Age 9)



Angie's list



Strategies Parents Can Use During Childhood

- **Label emotions, discuss, and problem-solve through emotional situations**
- **Validate emotions**
- **Generate list of coping strategies**

Coping Skills

- Things you can do that help you feel better and that are not harmful to yourself or others

It is important to have a “tool box” of coping skills!



VIRGINIA TECH™

Amanda'S TOOLBOX

RED TOOLBOX

What can I do that can help?

Take deep breaths
Count from 1-10 (or 100)

BLUE TOOLBOX

What can I do that can help?

Use positive self-talk
Go out for a walk
Do some stretching

GREEN TOOLBOX

What can I do that can help?



Dance around!

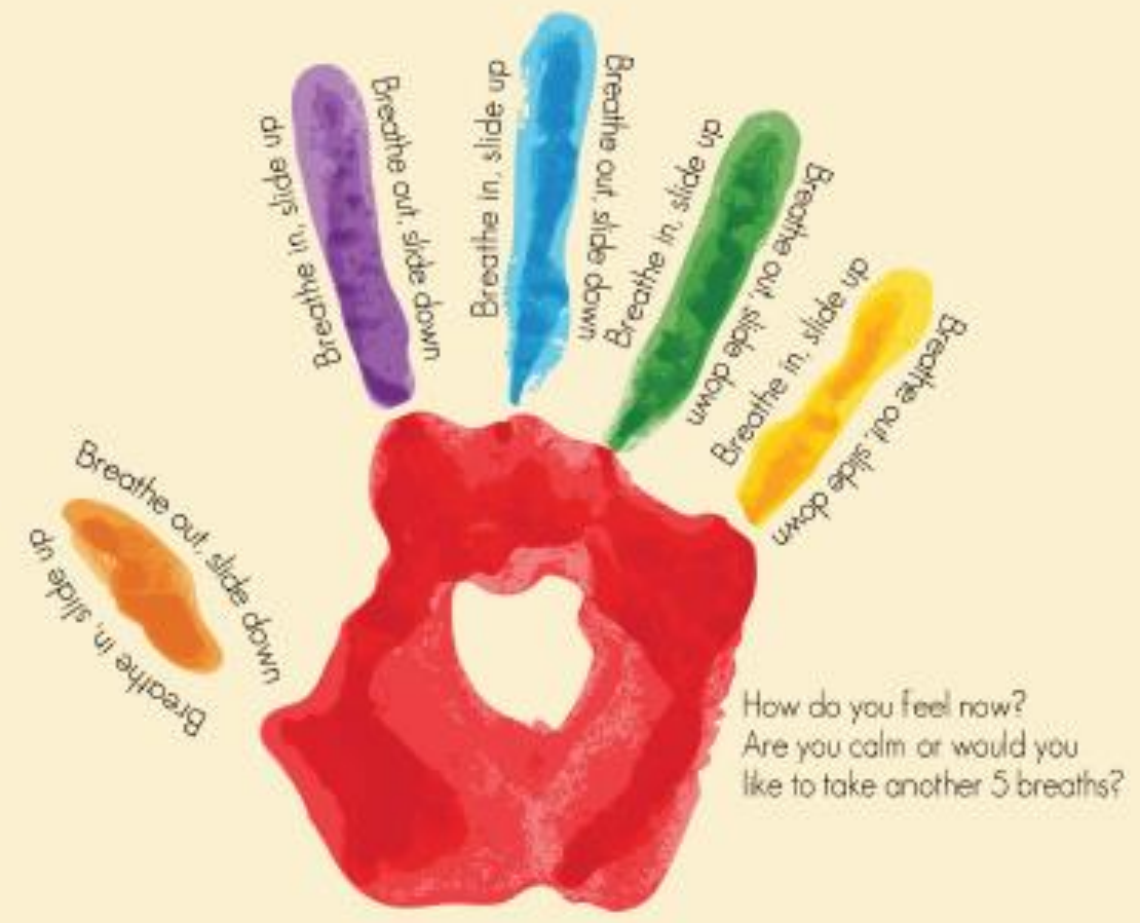
YELLOW TOOLBOX

What can I do that can help?

Listen to calm music
Read a book
Do some painting
Write down your feelings
Do a puzzle

Let's Practice!

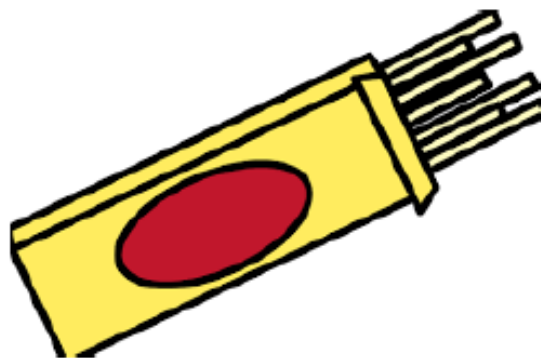
CALM DOWN WITH TAKE 5 BREATHING



Muscle Relaxation: Spaghetti Noodle

This exercise is a fun way of guiding children through muscle relaxation techniques.

1. Imagine you are a spaghetti noodle before it goes in the pot of hot water. What does it look like?
2. Tense up and squeeze all your muscles, stay straight like a noodle!
3. Now imagine you're in the pot of hot water. What does the noodle look like now?
4. Relax your muscles so you look like a cooked noodle.
5. Repeat several times.



Grounding Exercise: 5 Senses

Name **5** things you can see



Name **4** things you can feel



Name **3** things you can hear



Name **2** things you can smell



Name **1** thing you can taste



Strategies Parents Can Use During Adolescence

- **Validate and don't minimize your adolescent's emotions**
- **Don't pressure your adolescent to talk about something at a particular time**

Strategies Parents Can Use During Adolescence

- **Ask your adolescent what would be helpful when they do share – vent, problem solve, validate/reassure**
- **Encourage use of other social supports**

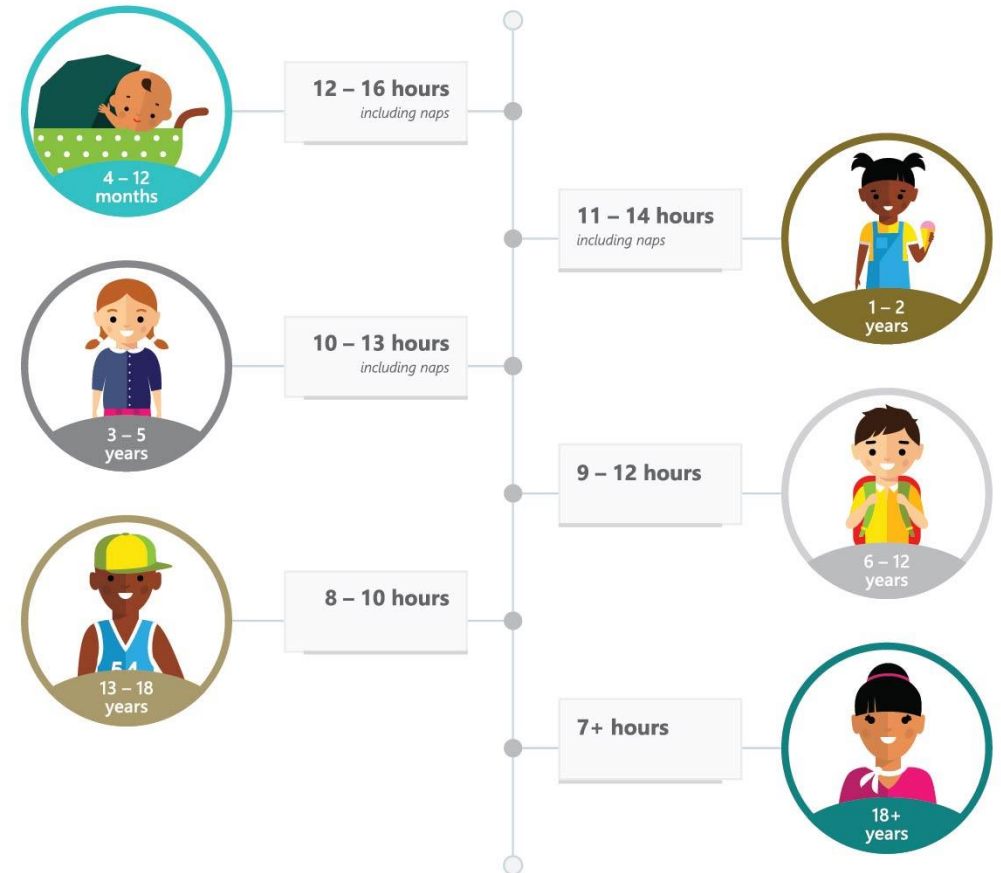
Healthy Habits

Sleep

- Sleep schedules should be consistent (e.g., go to bed within the same 1 hour period on both weekdays and weekends)
- Follow a nightly bedtime routine to help wind down and signal body that it is time for bed
 - No screen time for at least 30 minutes before bed
- Have a comfortable sleep environment

Healthy Sleep Duration

The American Academy of Sleep Medicine recommends that you get the following hours of sleep on a regular basis for optimal health at each stage of life.





Healthy Eating

- Regular and healthy eating (e.g., 3 meals, 2 snacks)
- Think of the Snickers commercial - “you are not you when you’re hungry!”

Exercise

- Can be proactive or used as a coping strategy
- 30+ minutes, at least 5 days a week



Things to Remember!

An expressed emotion may be driven by another unexpressed emotion

Emotions are often irrational

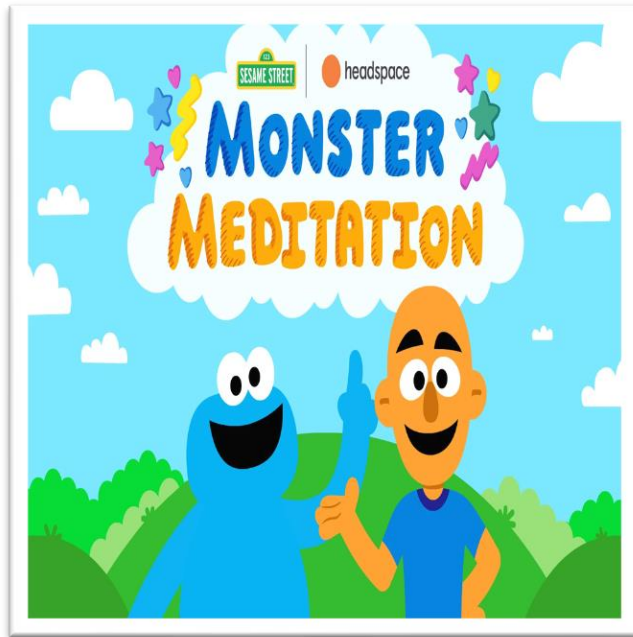
People don't always know why they feel the way they do

Healthy habits are important for regulating emotions

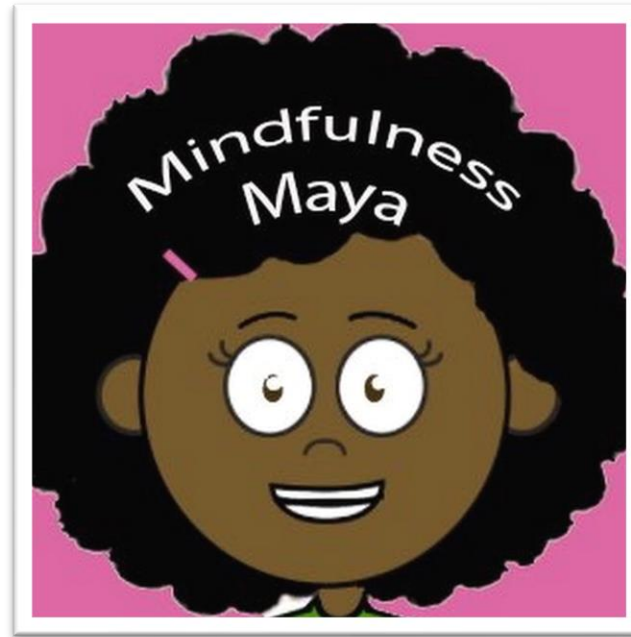


Resources

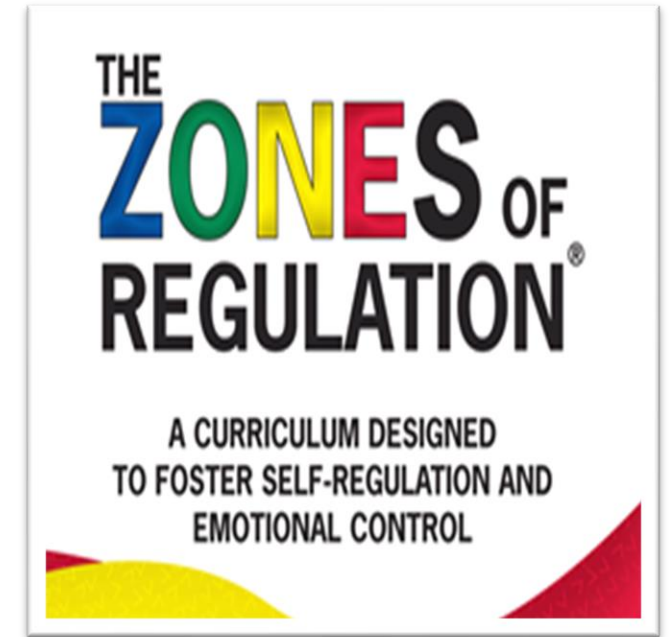
Resources



**Sesame Street X
Headspace:
Monster Meditation
(Books and YouTube)**



**Mindfulness Maya
(YouTube and
Books)**



**The Zones of Regulation
(Mobile App, Digital
Curriculum, Tools to Try
Cards, and Books)**

Research Studies



Support BRANCH

Telehealth parenting program for families of children ages 2-12 years to support behavior regulation and navigating challenging behaviors at home



RELAX

Telehealth intervention that seeks to equip adolescents ages 11-16 with coping, communication, and conflict management skills
<https://relaxcopingprogram.com/>

QUESTIONS

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