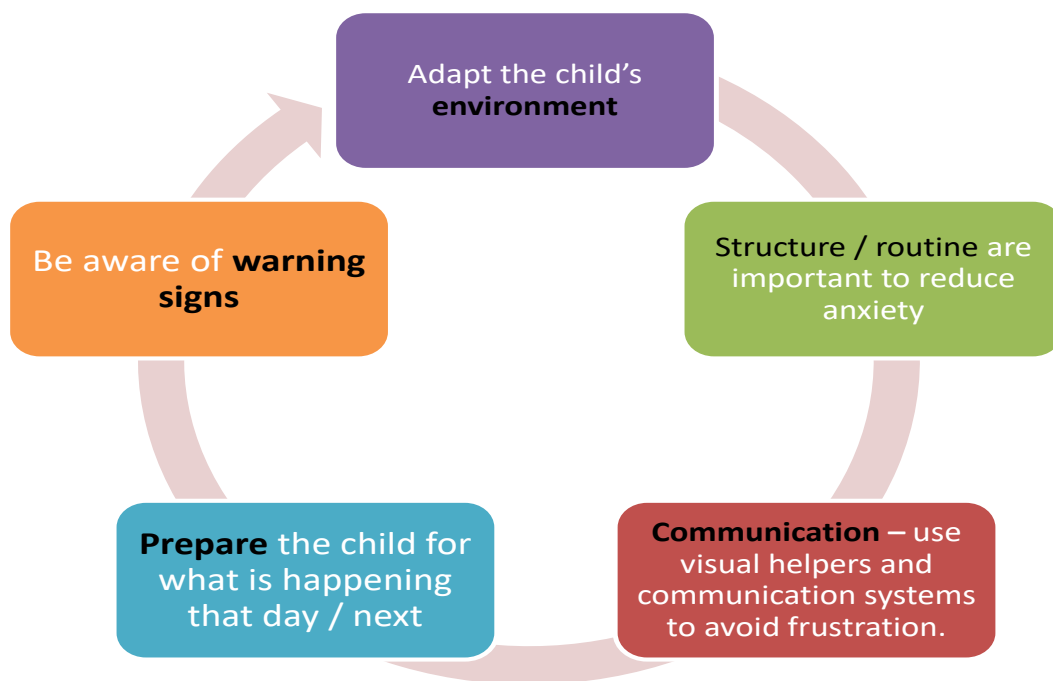


## Top tips for parents – Emotional regulation

- Consistency is key
- Use visual supports
- Keep calm
- Exercise can relieve stress and frustrations
- Support your child to identify, label and categorise emotions
- Support your child in recognising their own emotions and those of others



- Take control
- Give your child praise and encouragement
- Be honest with your child
- Be clear about what is not acceptable
- Be clear about what will happen if they cross the line
- Think about your own role as a parent
- Be open to adapting if change is needed

- Be aware of your own emotions and anxiety
- Develop a home-school communication book
- Build resilience within the family
- Set realistic and achievable goals for yourself and your child

## **Building resilience within yourself**

- Remain aware of your own emotions and reactions during situations
- Remain calm
- Show that you are in control (even if you don't feel it!)
- Model emotional regulation strategies within the home
- Put strategies in place to recharge your batteries, and look after your own emotional wellbeing
- Put strategies in place throughout the day (proactive) and when you observe your own worry signs (reactive)
- Build your own toolkit of things that help you to stay in the green zone
- Build resilience, good mental health and wellbeing in the whole family
- Look at your own role – as a parent, a caregiver, a wife/husband, colleague, son/daughter etc.