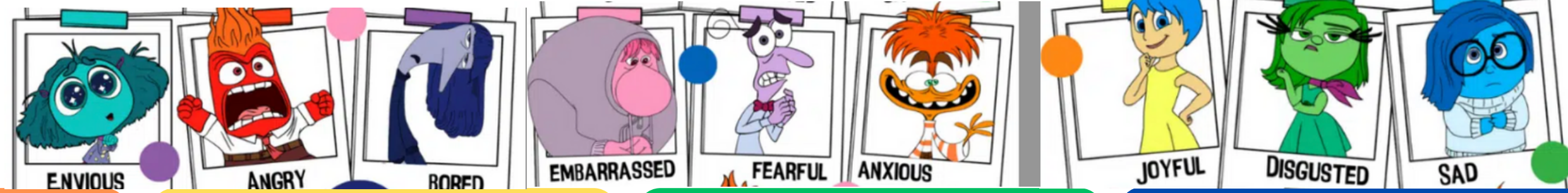


# Emotional regulation in 5 steps:



## 1. Recognising:

When a child is angry, a parent can say:

"You look really angry right now. Let's take a moment to understand this feeling."

## 2. Understanding:

When a child is scared, a parent can say:

"Feeling scared happens when we are unsure of what's going to happen next, and that's a normal feeling."

## 3. Expressing:

Encourage the child to verbalise their emotions, for example:  
"I feel a little nervous because I have to perform on stage tomorrow."

## 4. Regulating:

When a child is sad, parents can repeat steps 1-3, and offer ways to regulate emotions by asking:  
"What can help us feel better?"  
Parents can also suggest deep breathing if helpful:  
"Let's try taking some deep breaths together and slowly adjust how we feel."

## 5. Affirming:

Lastly, don't forget to say:  
"This help you feel a little better or safer."

