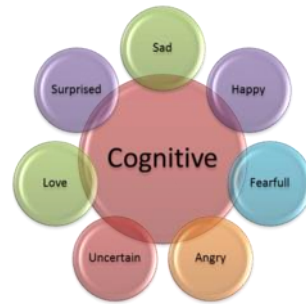


Emotional Regulation



Fostering children's emotional regulation is an emerging discussion point in relation to child development, and we can no longer ignore the positive impact of teaching children to identify and manage emotions. However, what does emotional regulation mean?

Emotion regulation means assuming that much of children's behaviour is driven by emotions. Tantrums, aggressive behaviour, and violence in young children are often – but not always – a signal of their inability to work out their emotions.

Emotional intelligence therefore means paying attention to children's emotions and assuming that they understand and benefit when we talk to them about feelings and emotions. It is not just about helping them identify different emotions. It is also about helping them understand that sometimes they need to work on underlying issues, and other times they have to walk away.

Fostering a child's emotional intelligence does not mean protecting them from difficult emotions. On the contrary, we help them develop their emotional intelligence by showing them that emotions are a part of life – that everyone experiences them – and providing a framework within which they can safely express those emotions in acceptable ways and learn to self-regulate.