

SELF REGULATION/ EMOTIONAL REGULATION

Self regulation is a skill that helps children and youth manage their emotions, behaviour and body movements when dealing with tough situations. Sometimes people mix up self regulation and self control, and though they are related, self regulation is a different skill than self control. For example, when a child sees a toy that they want, and they take the toy without asking or waiting for a turn, this is more about self control. Whereas, when a child sees a toy that they want, are told they can't have it, and have a melt down, this is more likely about emotional self regulation.

When a child has good self regulation skills, not only can they handle tough situations, but they can do this while maintaining focus and attention. Self regulation is a skill that is developed over time. Therefore, it is common to see young children struggle emotionally when they are overwhelmed, or their wants are denied. However, when older children tantrum, this is more likely a sign that they are struggling with emotional self regulation.

Educational teams use many different tools and programs to aid in the development of self regulation. When talking with educational staff, ask them how they support this in school. They may be able to provide you with some resources to use at home.

You may find this list of the most common tools/programs used in schools helpful:

- [The Zones of Regulation](#) by Leah Kuypers
- [The Incredible 5 Point Scale](#) by Kari Dunn Buron
- [SuperFlex - A superhero social thinking curriculum](#) by Stephanie Madrigal and Michelle Garcia Winner
- [Strategies for Teaching Kids Self-Regulation](#)
- [Helping Children to Self Regulate](#)