

Sybil Elgar School | Our Transdisciplinary Team Newsletter

Supporting Self-regulation at home

Self-regulation is the ability to manage your emotions and behaviour in accordance with the demands of the situation. It includes being able to resist highly emotional reactions to upsetting stimuli, to calm yourself down when someone become distressed and to adjust to a change in expectations.

5 useful ways to encourage self-regulation of emotions

1. Keep calm

Staying calm as an adult is an important way to encourage your child to self-regulate. Children can tell when we are stressed, upset, and frustrated therefore, it's always best to check in with ourselves first to make sure we are calm enough to deal with the situation.



2. Role modelling

Modelling deep breaths next to your child without asking or placing demands for them to participate can prompt your child to participate on their own accord and also may encourage their breathing to sync up with yours whilst you keep doing it, this is an example of co-regulation.



3. Visual support

Where possible, providing your child with visual support to encourage deep breathing and relaxation is one of the best strategies to guide your child to calm themselves down. It is best to practice these strategies with visual support when your child is in a regulated state so they are able to learn these strategies to use more confidently when in times of dysregulation.



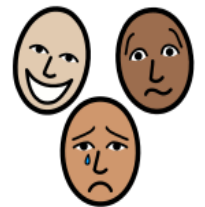
4. Simplify language

During moments where your child is dysregulated it can be harder for them to access their "thinking skills". Therefore, reducing the number of demands, speaking in a calmer/quieter tone and giving them access to their own space can often aid with the process of self-regulation.



5. Understanding emotions

Identifying emotions can be a difficult skill for children with autism. Once your child has calmed down and is ready to listen, go through their general emotions that may have triggered your child. This will enable them to understand their feelings and the overall situation better.



Website:

<https://www.autism.org.uk/services/nas-schools/sybil-elgar>



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