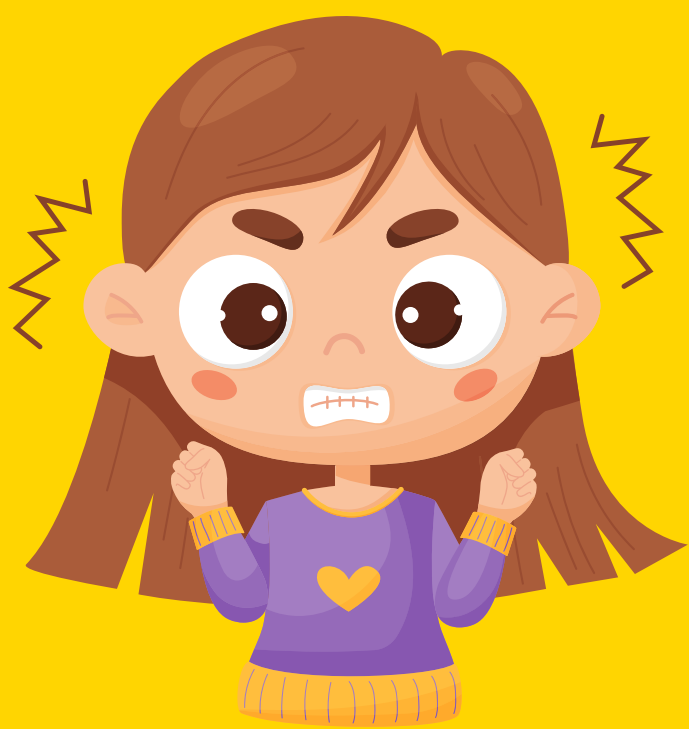


# HOW TO PROMOTE EMOTIONAL REGULATION IN CHILDREN

## DID YOU KNOW?



Teaching emotion words during daily routines shows children it is safe to express feelings.

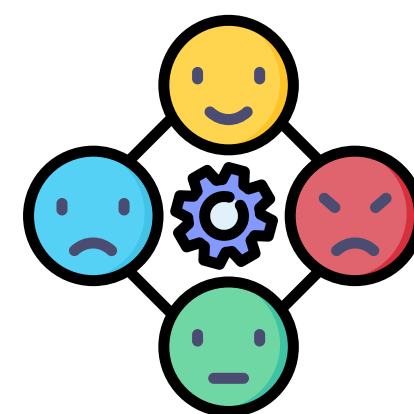
Temperament is typically how we approach and react to the world from easy-going, slow-to-warm, and active. Consider children's temperament and culture as emotions words are created and used.

Describing how emotions feel in the body and naming physical reactions help children notice and label feelings in themselves and others.

Use books, social stories, and songs to incorporate mindfulness exercises in daily routines and challenging moments (e.g., [Tucker The Turtle](#)).

Teaching children [prosocial skills](#) including calm down skills like [deep breathing](#) can prevent challenging moments like tantrums.

How do you think culture affects your ability to label your own emotions?



## REFLECT ON THIS...

## START YOUR JOURNEY!



Use games, songs, and dances to teach and talk about feelings.

Make talking about feelings part of the daily routine.

Practice [calm-down skills](#) during daily routines.

Create a [calm down area](#) with children's help and include soothing items.

Remember the calm down area is NOT punishment.

Recommended Material(s): [See My Feelings Mirror](#), [Turtle Hand Puppet](#), ["You Weren't with Me" Book](#), ["Once I Was Very Very Scared" Book](#)

Watch our [Prosocial Skills](#) Video and...



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REMEMBER TO RELAX, REFLECT, AND THEN RESPOND