

THE EMOTIONAL REGULATION PLAN

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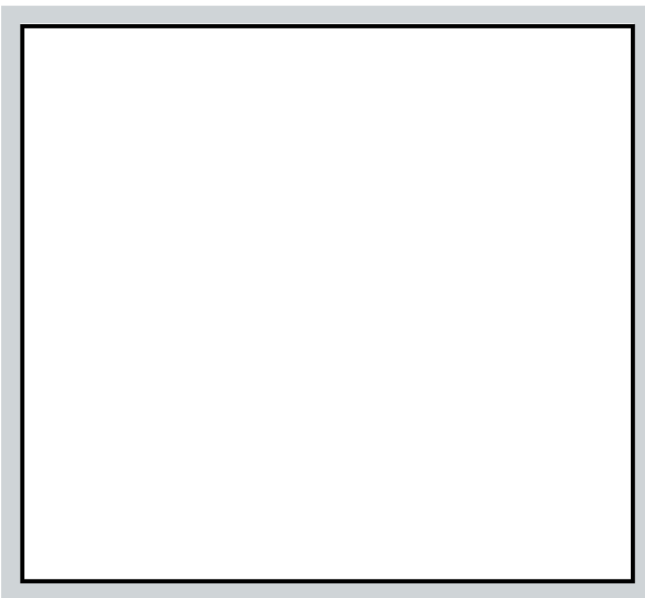
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PURPOSE

The Emotional Regulation Plan is designed for parents who want to help their child manage emotions and develop self-regulation skills. This plan provides structured strategies for teaching coping skills, recognizing emotional triggers, and responding to challenging situations with effective interventions. Parents will learn how to support their child in building resilience, reducing frustration, and handling emotions in a healthy way.

SPECIFIC NEEDS FOR THIS FAMILY:

(Use the space below to document the unique characteristics or challenges of the family you are working with.)



FAMILY PROFILE

Typical Characteristics of
Families Who Need This Plan:

- ☐ Child struggles with managing emotions and frequently becomes overwhelmed or frustrated.
- ☐ Parents need strategies to teach self-regulation and coping skills in everyday situations.
- ☐ Child has difficulty calming down after emotional outbursts or transitions.
- ☐ Family wants to reduce emotional meltdowns and increase emotional awareness.
- ☐ Parents are looking for structured ways to reinforce emotional regulation skills over time.

GOAL SETTING

RECOMMENDED AND EXAMPLE GOALS

Select or Customize Goals

Choose from the recommended goals below or write your own to align with the family's specific needs.

Recognizing and Understanding Emotions

- ☐ Parent will help their child identify and label emotions using visuals or modeling at least 3 times per day.
- ☐ Parent will teach their child to recognize early signs of frustration or distress in 80% of opportunities.

Reinforcing Emotional Regulation

- ☐ Parent will reinforce their child's use of an appropriate coping strategy within 5 seconds of implementation.
- ☐ Parent will track and adjust reinforcement strategies to ensure they are strengthening emotional regulation skills.

Teaching and Practicing Coping Strategies

- ☐ Parent will model and guide their child in using at least one coping strategy during moments of escalation.
- ☐ Parent will encourage their child to use a preferred coping strategy at least once per day in a non-stressful situation to build familiarity.

Managing Setbacks and Problem-Solving

- ☐ Parent will support their child in problem-solving after an emotional outburst by discussing what happened and identifying a better response for the future.
- ☐ Parent will remain calm and follow a structured response plan for emotional dysregulation, tracking progress over two weeks.

Customized Goals for This Family: (Write additional or revised goals specific to the family.)

RECOMMENDED LESSONS

Below is the recommended sequence of lessons for a family who fits this profile. As they gain skills and confidence, you can add new lessons or move to a different plan.

1. Emotional Regulation and Coping Skills

This lesson provides parents with strategies to help their child recognize, express, and manage emotions effectively. Parents will learn how to teach coping skills, model self-regulation, and support their child in managing frustration, anxiety, and overwhelm.

2. Reinforcement: The Key to Positive Change

Using reinforcement helps children develop and maintain self-regulation skills. This lesson teaches parents how to reinforce emotional regulation behaviors effectively, ensuring that coping strategies become consistent and meaningful over time.

3. Troubleshooting ABA Strategies

Emotional regulation does not develop overnight, and setbacks are common. This lesson helps parents identify challenges, troubleshoot difficulties, and adjust their approach when their child struggles with emotional control.

4. Building a Collaborative Relationship with Your Child

A strong, trusting relationship creates a safe space for emotional learning. This lesson teaches parents how to support their child's emotions without judgment, strengthen their bond, and increase emotional security.

5. Responding with Compassion

When children struggle with emotional regulation, frustration can escalate quickly. This lesson provides parents with strategies for staying calm, de-escalating emotional outbursts, and responding with empathy while maintaining boundaries.

6. Importance of Motivation When Teaching New Skills

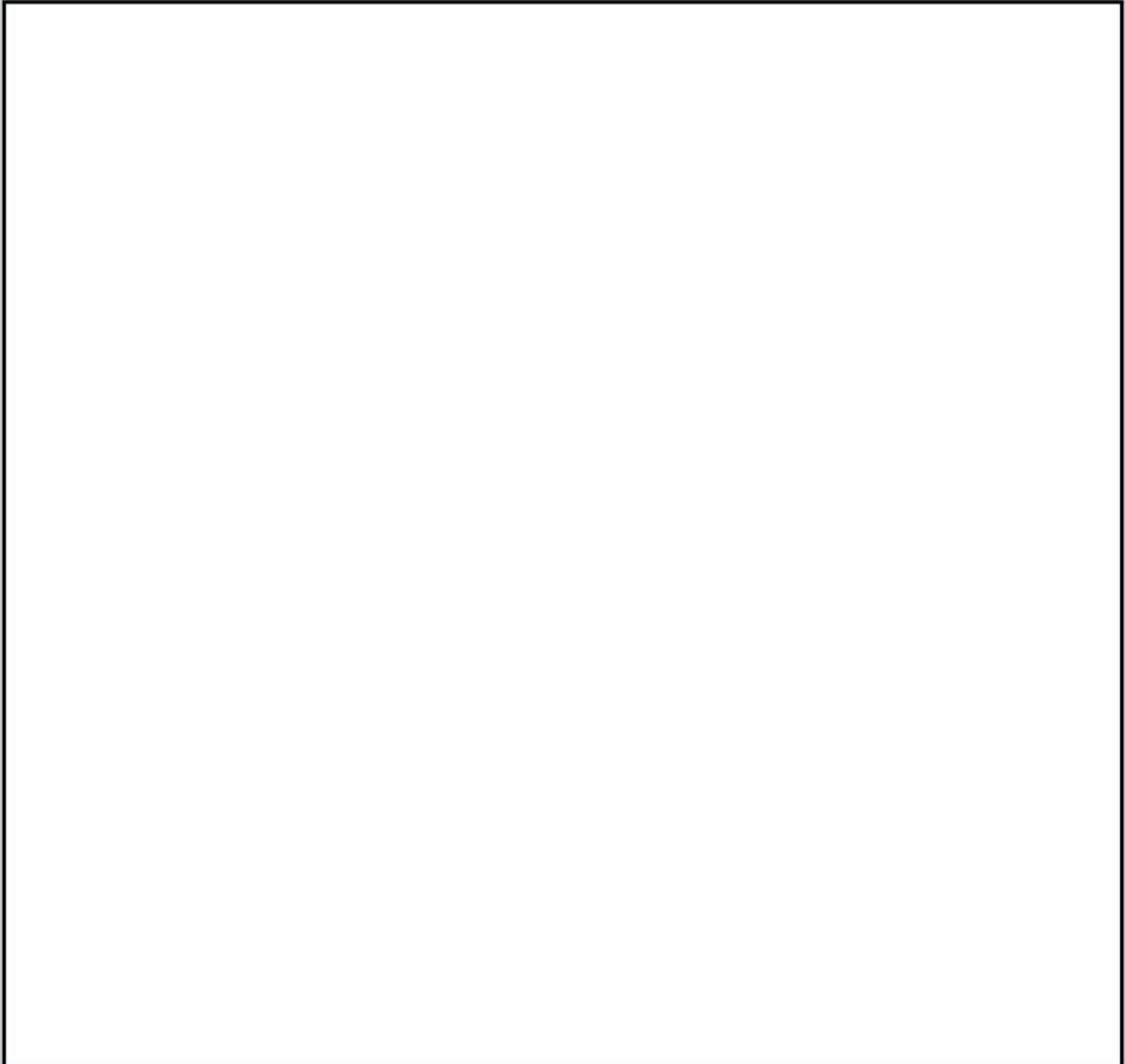
Learning to regulate emotions requires motivation and consistent practice. This lesson helps parents understand how to keep their child engaged in learning coping strategies, making emotional growth feel positive and rewarding.

RECOMMENDED LESSONS

7. Context of Behavior

Understanding why emotional outbursts happen is key to preventing them. This lesson teaches parents how to identify triggers, recognize patterns, and adjust environments or expectations to support their child's self-regulation.

Additional Lessons to Include (if applicable): (Add or adjust lessons to match family needs.)

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Engagement Tips

Model Emotional Regulation in Everyday Situations

Children learn how to manage emotions by watching their parents. Encourage parents to model self-regulation strategies, such as taking deep breaths when frustrated or calmly talking through their feelings, to show their child how to handle emotions effectively.

Reinforce Small Steps Toward Emotional Growth

Self-regulation develops gradually, so it's important to celebrate small wins. Encourage parents to acknowledge and reinforce any attempt their child makes to manage emotions, even if the process isn't perfect. Positive reinforcement builds confidence and motivation.

Validate Feelings Before Problem-Solving

Parents often want to jump to solutions, but children need to feel heard first. Teach parents to validate their child's emotions by saying things like, "I see that you're really frustrated," before guiding them toward a coping strategy. Feeling understood helps children calm down faster and become more receptive to problem-solving.

Family-Specific Engagement Notes: (Write strategies for engaging this family, considering their strengths and concerns.)

Use Visual Supports and Predictable Routines

Many children benefit from visual cues and structured routines to help regulate emotions. Suggest using emotion charts, social stories, or visual schedules to give children tools to understand and manage their feelings in a predictable way.

Practice Coping Skills Before They're Needed

Teaching coping skills during calm moments increases the likelihood that children will use them when they're upset. Encourage parents to practice deep breathing, mindfulness, or movement breaks daily so their child feels comfortable using these strategies when emotions run high.



COMMON OBJECTIONS AND SOLUTIONS

Step 1: Identify Objections (Check or write in objections that apply to the family.)

<input type="checkbox"/> "They don't listen when upset."	<input type="checkbox"/> _____
<input type="checkbox"/> "Nothing works in the moment."	<input type="checkbox"/> _____
<input type="checkbox"/> "I'm not calm enough myself."	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Step 2: Write Solutions (Document strategies to address the identified objections.)

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PROGRESS TRACKER

Parent Goals: (Outline specific goals for parents based on the lessons and their needs.)

☐ _____

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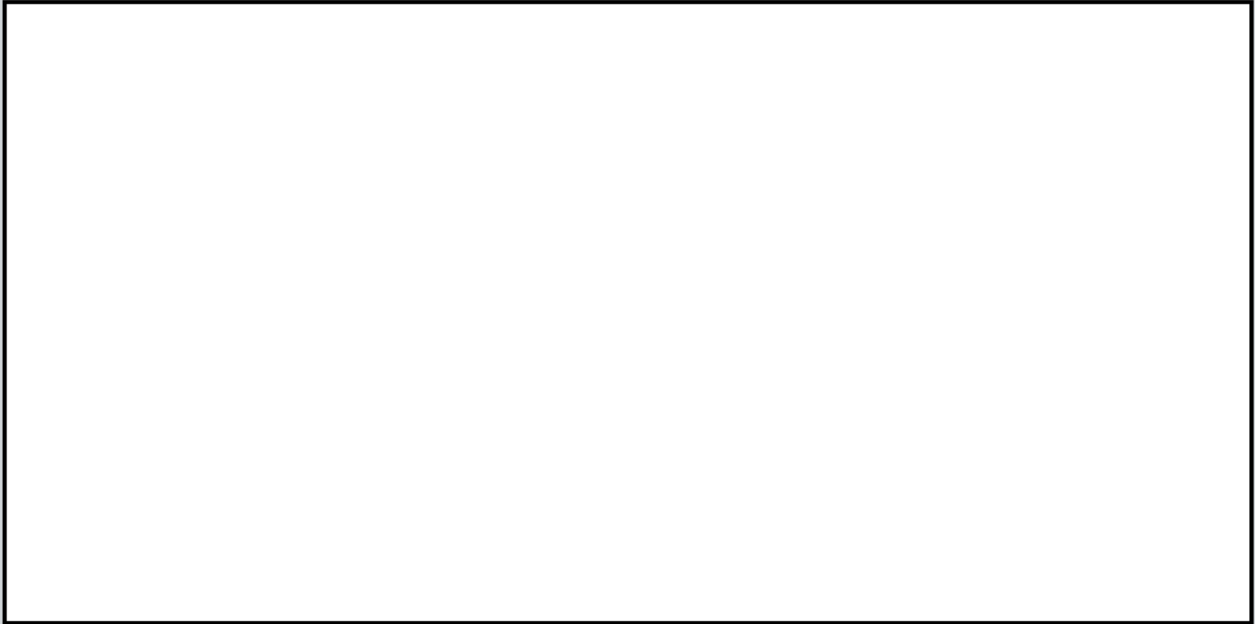
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Weekly Progress Notes:(Record observations and data to track parent engagement and skill implementation.)

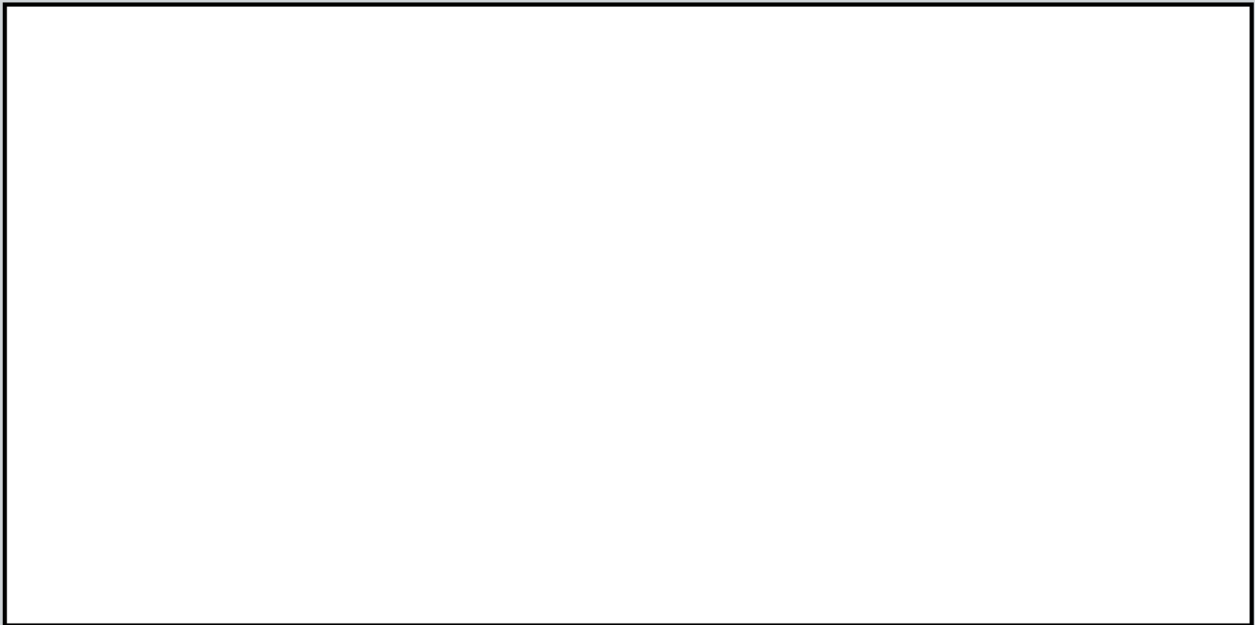
Week	Parent Goal	Progress	Notes
Week 1			
Week 2			
Week 3			

Reflection Log

What went well this week?

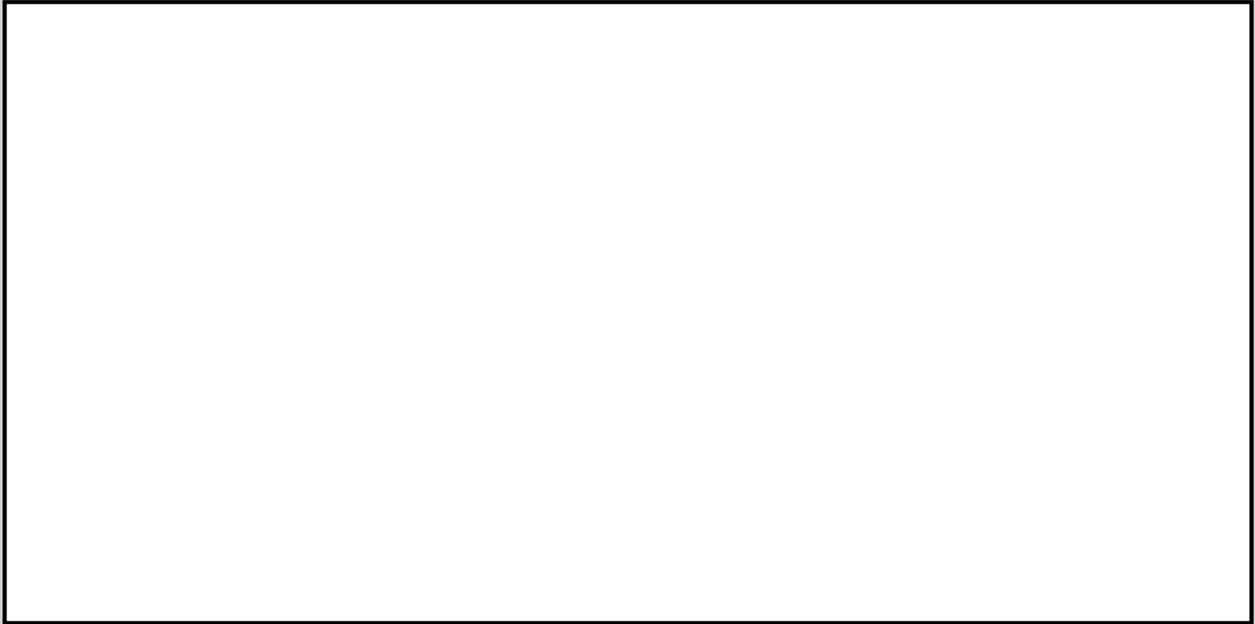
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What challenges did you face?

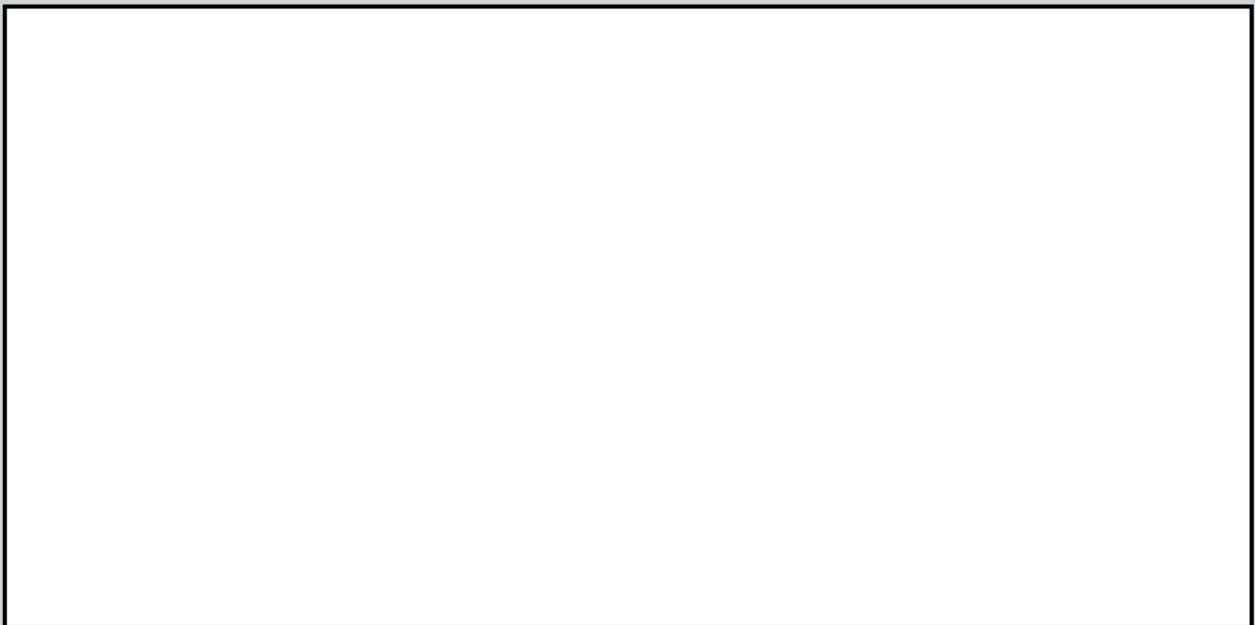
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Reflection Log

What adjustments need to be made?

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Additional Notes

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