

# Specific Steps to Teaching Your Child Self-Regulation

## Imagine this:

Your child bursts through the door, slams it, and throws their backpack on the floor.

**Instead of:** "This is NOT how we enter this house!"

**You say:** "Wow, you must have had a horrible day. What happened?"

## Your child says... "I hate my teacher! She is so stupid!"

**Instead of:** "How dare you talk like that!"

**You say:** "She did something that got you really mad."

## A few minutes later, when your child is calmer...

**You say:** "Why don't you sit down and have something to eat or drink? You can tell me what happened."

**Let your child talk without correcting them or arguing.**  
**This will further calm their nervous system.**

Then, address their behaviour: "I know you are mad at your teacher. However, every person deserves respect, even when we are mad at them. Let's make a plan of what you can do when you're feeling very mad at someone."

## Key takeaways:



- When children are dysregulated, we cannot teach them a lesson.
- Saying "Don't talk like that!" will just cause your child to shut down and undermine your connection with them.
- It is YOUR calm and empathetic response that will teach their nervous system that it is possible to be upset about a situation and keep your anger in check.

# Emotional Intelligence Kit

Ages 5-11

This is your child's guide to mastering their emotions! With our kit, your child will learn to process their emotions in a constructive way so they can grow more attentive, empathetic, and resilient.



"I have been amazed at how this simple printable kit has changed the way my daughters talk to each other and themselves!

A real game-changer!"

- Katharine B.



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