Children's Home Society of North Carolina

Self-Regulation

There are three domains of intervention in ARC: Attachment patterns, Regulation, and developmental competencies. In this edition of ARC explorer, we will focus on the second domain, ***Regulation***. Self-regulation is the ability to monitor, manage, and modify our emotions and behaviors to fit different situations.

Developing these skills are important because it permits us a choice in the way we respond in challenging circumstances.

Children who have experienced complex trauma have a difficult time regulating their emotions, which influences the way they react and respond in tough situations. Lack of self-awareness, impulse control, and emotional intelligence are some of the causes of those poor self-regulation skills.

The Self-Regulation component of ARC focuses on the importance of teaching children, healthy ways to

express their thoughts, feelings, and emotions. Caregivers can help children through warm, responsive relationships and consistent positive routines and structure.

How will you support your child this month with Self-regulation?
How will you help them "Get in the Zone?"

Get in the Zone

Caregiver tips to help you get your child "back in the Self-Regulation Zone."

Child's Thoughts-Feelings-Emotions

Sad Tired Sick Bored	Mad Angry Yelling Physical Aggression	Silly Hyper Frustrated Upset	Calm Happy Okay "I'm Good!"

Tools to help the child Self-Regulate

Practicing deep breathing together: Lie down on the floor with a stuffed animal on your bellies and watch them go up and down.

Limiting environmental stimuli: Notice noises in your environment, like a ticking clock, and try to create quiet spaces.

Helping them put words to feelings: On the way home from school, name a time when you got frustrated or something that made you happy that day.

Encouraging them to use excess energy to run, dance, and play

Allowing them to take breaks as needed: Set up a cozy corner that the family knows is a break space.

Singing songs or reciting poems that teach lessons about how to deal with feelings

and urges.

Helping them prepare for a potentially stressful situation (like the first day of school) by talking it through beforehand: Visualize what will happen during the day, then figure out a special plan for afterward, like their favorite meal.