



Getting Regulated!

Tips to help your child with Emotional Regulation

(Prepared by the Occupational Therapy Department)

This resource pack aims to provide parents with activity ideas that can be included in your child's routine at home to help them stay calm, alert and learning

- This pack offers ideas for parents on supporting self-regulation. We hope some of these activities can be integrated into your child's play at home to support their self-regulation.



What is Self-Regulation?

Self-regulation is the ability of our brain to take in, organise and manage sensory information around us. We experience the world through our senses-sound, sight, taste, smell and physical sensation.

It includes being able to:

- Manage energy levels
- React to emotions like frustration or excitement.
- Calm down after something exciting or upsetting.
- Focus on a task.
- Control impulses
- Learn behaviour that helps us get along with other people.

What can I do to help my child self-regulate?

1. Provide structure and order.



Structure the environment to make self-regulation manageable, providing a shield against environmental stressors. This means creating an environment that is physically and emotionally safe for children to explore and learn at their level of development without risk to their wellbeing. Below you will find ideas on how to create a cosy corner in your own home.

2. Teach self-regulation skills through modelling, instruction and opportunities for practice.



Parents are always teaching skills like naming emotions, problem-solving, perspective-taking, and calm-down strategies to their children. If you notice your child during the day is unable to concentrate, lethargic or sleepy, distracted, emotional or overwhelmed, it might be a sign that they need a movement break. (You will find a guide of Sensory Movement breaks on the Resource page). Exercise helps our brain to:

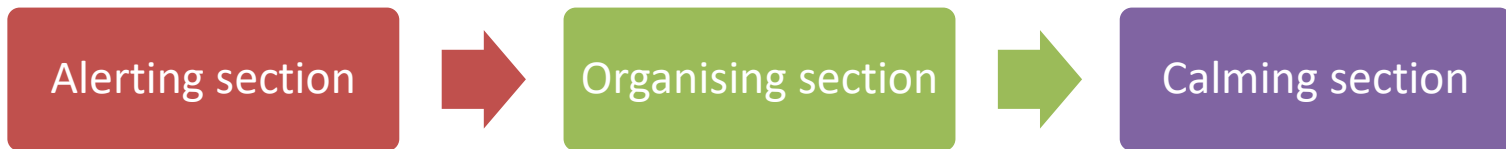
- maintain focus
- stretch our muscles
- reduce stress and the feeling of being overwhelmed
- re-set our posture and
- boost memory.

This booklet will provide you with some ideas for simple exercises at home to actively teach an effective way to help children to self-regulate their own sensory needs throughout the day.

Sensory Motor Circuit

Sensory Motor Circuit is a simple and effective way to help children to self-regulate their own sensory needs throughout the day which can lead to better concentration, fewer disruptions and improved education outcomes for all. It enables children to reach the level of alertness needed to concentrate.

This booklet will help you to create a sensory circuit at home. The order of the circuit is extremely important:



The circuit ends on calming activities as we would like to end every session in a calm and alert state. Every person is different so try a few calming exercises to see what ones work best for your body.

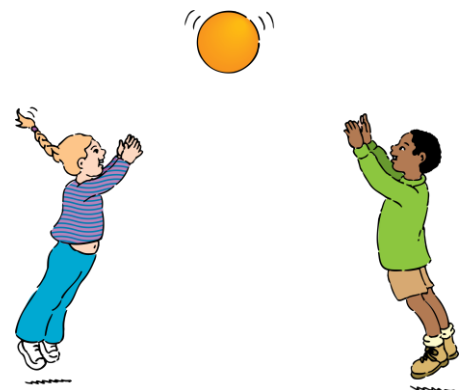
Alerting activities:

Fast moving activities that require rapid changes of the body and head position will tend to be alerting. This prepares the brain for learning. Alerting activities include skipping, running and jumping jacks. Please refer to www.gonoodle.com for more ideas.



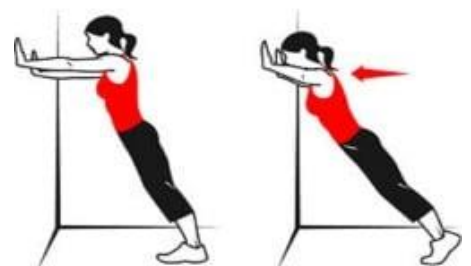
Organising activities:

This includes activities that require the child to organise their body, plan their approach and do more than one thing at a time in a set sequential order. These are skills that may increase a child's focus, attention span and performance. Organising activities include climbing, balancing, and throwing.



Calming activities:

The aim is to provide proprioceptive input which is sensations from joints, muscles and connective tissues that underlie body awareness. These calming activities provide input to ensure that as the children finish, they are calm and ready for the task ahead. Calming activities include: press-ups, crawling exercises or a big hug.



Making a Cosy Corner/Area in your home

Creating a Cosy Corner is a great way to ensure that children have somewhere to go when they need to have some quiet time to themselves. If a child is upset or simply overwhelmed they may not yet have the skills to regulate emotions on their own.

Some children like to be soothed by an adult with some hugs or cuddles and others may prefer to go off to soothe themselves.

Self-soothing is a great skill for young children to learn. You can make your cosy area fit your home, working with whatever space you have available.

Please see below a few examples of how it could look. However use your imagination and together create your own unique cosy area. Your cosy corner can incorporate all of the senses touch, see, hear, smell and taste so time to get creative.



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