

## Who could benefit from attending this group?

If you're a parent, you've probably seen a tantrum or two. It is usually expected in children under the age of two. But, if your child continues to have regular meltdowns and outbursts when they are heading towards school age, it may be an indication that they struggle with emotional self-regulation.



# EMOTION REGULATION SUPPORT GROUP



## What is Self-Regulation?

**Self-regulation, also known as emotional regulation, is the capacity to manage different negative emotions in a more positive way. The aim is for a child to learn to manage different stresses that occur in life. Self-regulation is a collection of abilities that helps kids to learn to manage their negative emotions as they become older, acknowledging the unpredictability of the outside environment and our own moods.**



Emotion Regulation  
Support Group  
Contact Details:

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Send us an email to  
register your interest  
in attending the  
group!

## Session 1 How the brain works?

In this session we will cover how the brain physically responds to stresses, the biology of our emotional responses and how we as parents respond can have a physical effect on your child's brains.

## Session 2 Sensory Processing

In this session, we will speak about what sensory is and how it could manifest in your child's behaviour. We will also share with you methods and strategies to support your child's sensory needs.

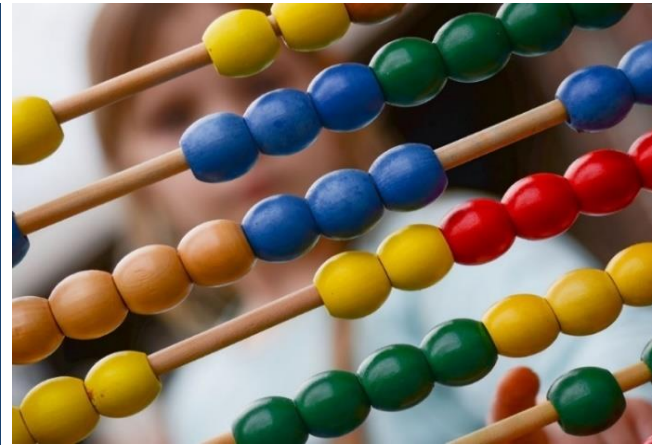
## Date Time Location

The Emotion Regulation Support group will be held every Tuesday of June 2023 between 10:30AM and 11:30AM. Sessions will be held virtually via Microsoft Teams. Links will be sent via email to everyone who registered their interest. We are looking forward to seeing you!



## Session 3 Managing Crisis and Outbursts

In this session we will be talking through different emotion coaching strategies based on the work of Dr Dan Siegel, Dr John Gottman and Dr Sarah Temple and linking to how the brain works.



*"Between stimulus and response, there is a space. In that space lies our freedom and power to choose our response. In our response lies our growth and freedom."*

VIKTOR E. FRANKL



## Session 4 Challenge of the week

This will be your chance to share your challenge and collaborate with parents in your situations! A wonderful opportunity for open discussion.

