

10 Top Tips on Supporting Children

with Self-Regulation



Learning to deal with everyday difficulties 33 The ability to manage our feelings, thoughts and behaviours in effective ways - known as selfregulation - is gained gradually through childhood and into adolescence. It's acknowledged as a pivotal element in young people's development but can prove trickier for some children to master than others (x)

In our #WakeUpWednesday

guide this week, you'll find expert suggestions on ways of supporting children as they build their ability to self-regulate. Demonstrating how you process your own emotions – and selecting appropriate literature and other resources – figure in our collection of practical tips on helping young ones on their journey towards self-regulation.

Please <u>click here</u> to download the guide