

# Well-being

@Redwell

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Helping you to help your child

## R is for Regulation

One of the things we teach the children at Redwell is how to regulate their emotions. Emotions, like worry or anger, build up in stages. If the children can recognise when they are starting to feel anxious or annoyed and take action, they are less likely to panic or have a meltdown. The same goes for adults! Learning to regulate our emotions and having a plan for problems, before they escalate, can make us healthier and happier - as well as better parents. Here's how.

### Recognise the signs

We use a scale to show the children how emotions build up. We chat about what each stage might look like for an individual child.

For anxiety and worry, the stages might be: OK – nervous – worried - stressed - panic. For anger, the scale could be: OK – frustrated – annoyed - angry - furious.



Children learn what their bodies and feelings are telling them at each stage. That way they can take action early. We talk about what triggers their feelings, too. Triggers can be different for every person. We make a plan of action to deal with common problems.

Doing this together helps children grow in confidence in using their emotions well!

### Reduce pressure

Now it's your turn! What are the trigger points for your family? Which problems escalate fast? Maybe it's getting out of the door on-time or bed-times. Perhaps arguing over screen-time is dominating family life or trying to make children more active. The best way to tackle these common problems is to make a plan. (Tip: focus on one at a time).

Here's an example.

Problem.	What it looks like when it gets out of hand.	How we can avoid this.
Getting everyone out of the door on-time in the morning.	Shouting, yelling, crying, last minute uniform-ironing, forgetting packed lunch, stress!	<p>Make packed lunches together the night before. Ask children to take their own out of the fridge.</p> <p>Hang uniform and bags where children can find them easily.</p> <p>Set the alarm clock 15-30 minutes earlier.</p> <p>Have breakfast set up the night before.</p>

### Useful websites

<https://youtu.be/xNYoAAUtH3g> A short animation on the 'emotional brain' and how to make it work better for you.

You can call the Pastoral Team on 01933 676040 or email

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