

Emotion Regulation

The ability to regulate emotions in childhood is an important developmental milestone that has implications for **children's social, academic, and psychological well-being.**

Parents impact children's emotion regulation development in multiple ways, such as:

1. Modelling Emotions
2. Emotion Socialization
3. Emotional Climate of the Family

Parenting C.A.R.E.

Modelling Emotions

Children mirror emotion regulation strategies exhibited by their parents.

Emotion Socialization

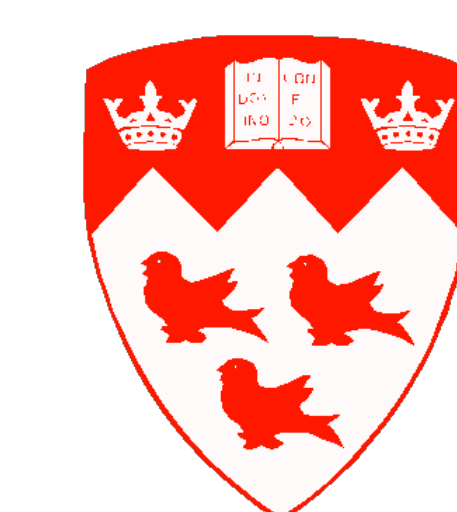
The way parents respond to and discuss emotions with their children influences their emotion regulation development.

Emotional Climate of the Family

The emotional climate (the valence and intensity) of emotions exhibited in the family environment influences children's emotion regulation development.



Childhood Anxiety and Regulation of Emotions (C.A.R.E.) Research Group



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Parenting C.A.R.E. Tips for Parents

1. Take time to identify and label your own emotions.

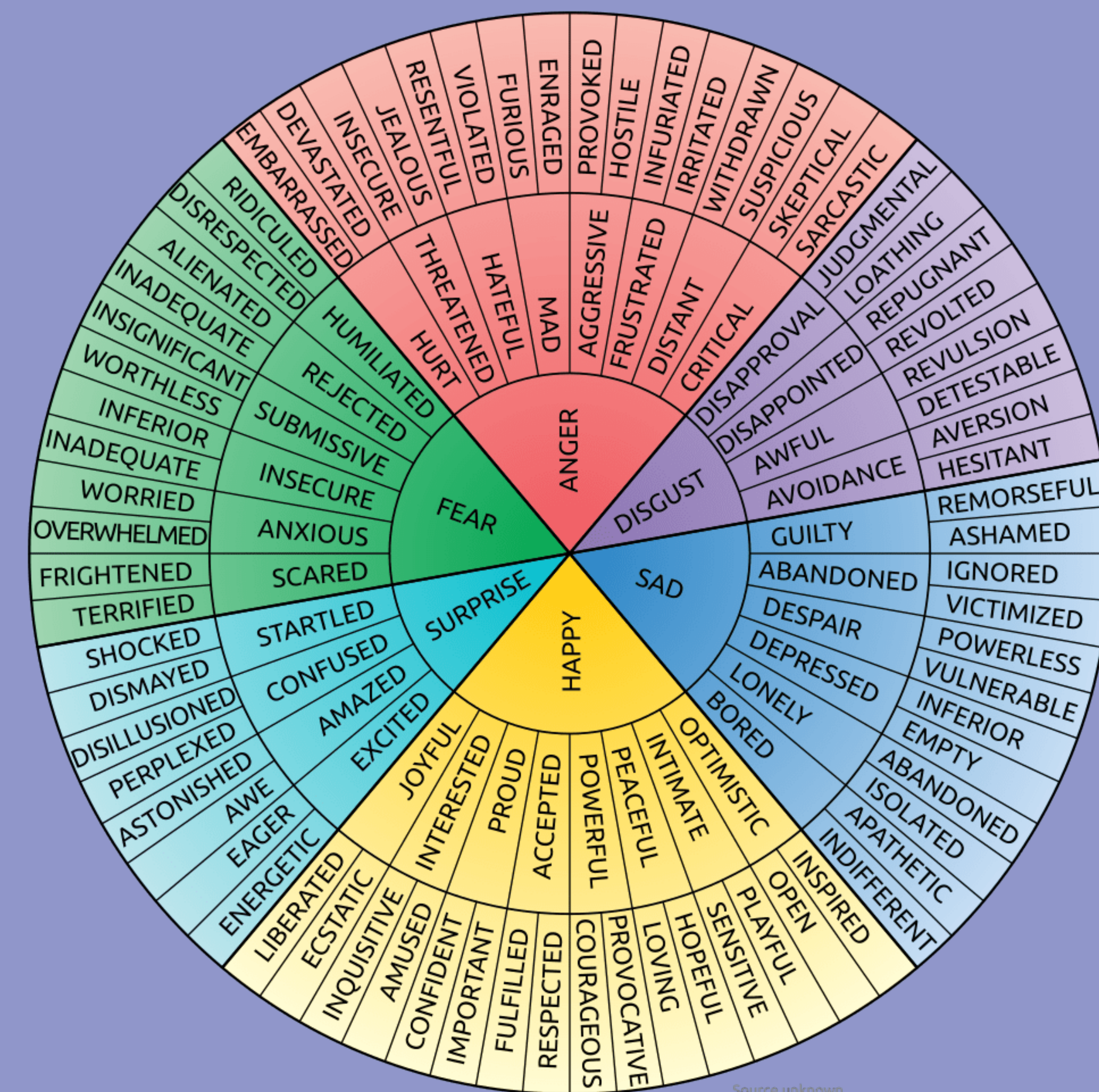
- Affect labelling or “putting feelings into words” can help decrease emotion dysregulation.

2. During times of stress parents and children can actively engage in emotion regulation strategies. For example:

- **Try the 4-7-8 deep breathing strategy:**
Breathe in through the nose for 4 seconds, hold your breath for 7 seconds, breathe out through the mouth for 8 seconds.
- **Progressive Muscle Relaxation** - Starting at your feet, tense groups of muscles as you breathe in and relax your muscles as you breathe out. Tense and relax muscle groups from your feet to your head.

3. Take time to discuss emotions and problem solve difficult emotions with your children.

- **Name it.** Identify the emotion. Tools like an emotion wheel can help children identify complex emotions.



Emotion Wheel

- **Experience the emotion.** Feel the emotion in the body and watch it pass, without judging or engaging in it.

Are you looking to gain parenting skills? Contact care.lab@mcgill.ca to learn more about participating in the Parenting C.A.R.E. group