



TRAINING NETWORK

UNDERSTANDING EMOTIONAL DYSREGULATION



Emotional dysregulation is when a child finds it difficult to manage their emotions. It can lead to intense reactions that feel overwhelming for them and challenging for those around them. With support, children can learn to understand and manage their emotions in healthy ways.



WHAT IS EMOTIONAL DYSREGULATION?

It is difficulty in managing and responding to emotions in a way that is fitting for the situation. Children may react more intensely or for longer than expected.

It can be caused or influenced by:

- ✓ Stress, anxiety or overwhelm
- ✓ Neurodiversity (e.g. ADHD, Autism)
- ✓ Trauma or difficult life experiences
- ✓ Sensory sensitivities
- ✓ Lack of sleep or poor routines
- ✓ Big feelings with limited coping skills
- ✓ Changes in routine or transitions



REMEMBER: It's not about bad behaviour. It's about a child needing support to cope with big emotions in a way they can manage.



SIGNS YOUR CHILD MAY BE STRUGGLING TO REGULATE EMOTIONS

You may notice your child:

- ✓ Having intense outbursts (e.g. shouting, crying, hitting)
- ✓ Overreacting to small changes or disappointments
- ✓ Finding it hard to calm down once upset
- ✓ Struggling to express how they feel
- ✓ Withdrawing, shutting down or becoming avoidant
- ✓ Feeling overwhelmed by everyday situations
- ✓ Having mood swings
- ✓ Showing frustration or anger more often
- ✓ Struggling with transitions or unexpected changes
- ✓ Experiencing physical symptoms (e.g. tummy aches, headaches) when upset



REMEMBER: Behind every big behaviour is a big feeling your child doesn't yet have the tools to manage.

HOW YOU CAN HELP YOUR CHILD



STAY CALM AND CONNECTED

Your calm helps your child feel safe. Regulate yourself first, then support them to regulate.



VALIDATE THEIR FEELINGS

Acknowledge their emotions without judgement. "I can see you're really upset." It helps them feel understood.



TEACH COPING STRATEGIES

Practice deep breathing, counting, squeezing a stress ball, drawing or using a calm down jar together.



CREATE ROUTINE AND PREDICTABILITY

Routines provide safety and reduce overwhelm. Use visual schedules where helpful.



OFFER CHOICES WHEN POSSIBLE

Choices help children feel in control and can prevent power struggles.



SET CLEAR, CALM BOUNDARIES

Boundaries help your child feel safe. Be consistent, kind and firm.



WHEN TO SEEK EXTRA HELP

Seek professional support if your child:

- ✓ Has intense outbursts regularly
- ✓ Struggles to manage emotions for long periods
- ✓ Shows signs of anxiety, low mood or withdrawal
- ✓ Finds it hard at school, home or with relationships
- ✓ You feel overwhelmed or unsure how to help

**You don't have to do this alone.
Help is available.**



We're Here to Help

HH Training Network offers assessments, resources and ongoing support for children and families.



Email: g@hhtrainingnetwork.com



Website: hhtrainingnetwork.com



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