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Abstract

Emotional regulation is a critical aspect of child development, shaping their ability to manage and express

Keywords: Child psychology; Emotional regulation; Emotional awareness.

Introduction

Emotional regulation begins to develop early in childhood and continues to evolve throughout life. In infancy, caregivers play a crucial role in helping infants regulate their emotions by responding sensitively to their needs. As children grow, they start to internalize these regulatory strategies, gradually gaining the ability to manage their emotions independently [1-3].

engage in cooperative play. These social skills are vital for forming meaningful connections and navigating social situations effectively.

Behavioural adjustment: Children who struggle with emotional regulation may exhibit behaviour problems such as aggression, defiance, or withdrawal. Learning to regulate their emotions helps

Supporting emotional regulation in children

Parents, caregivers, and educators play crucial roles in fostering emotional regulation in children. Here are some strategies for promoting this essential skill:

Model healthy emotion regulation: Children learn by example, so it's essential for adults to demonstrate healthy ways of managing emotions. This includes expressing feelings openly, using positive coping strategies, and seeking support when needed.

Teach emotion vocabulary: Help children expand their emotional vocabulary by teaching them to identify and label different feelings. Encourage them to express how they feel and validate their emotions without judgment.

Provide a safe and supportive environment: Create a nurturing environment where children feel safe to express their emotions. Offer comfort and reassurance when they are upset, and encourage them to talk about their feelings openly.

Teach coping skills: Teach children practical strategies for regulating their emotions, such as deep breathing, mindfulness, and problem-solving techniques. Practice these skills together and reinforce their use in everyday situations.

Set clear expectations and limits: Establish clear rules and expectations for behaviour, and consistently enforce consequences for inappropriate behaviour. This helps children learn self-control and understand the importance of regulating their emotions [10].

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Conclusion

Emotional regulation is a vital skill that lays the foundation for children's success and well-being. By fostering emotional awareness, expression, understanding, and regulation, parents, caregivers, and educators can help children navigate life's challenges with resilience and confidence. By prioritizing emotional development alongside academic and physical growth, we can support children in reaching their full potential and building fulfilling lives.

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