

How do different environments effect emotional regulation?

What do we mean by environments?

- The people we are with and the places we are in can affect the way we feel and act.
- Some noises such as people chatting, or a baby crying can affect us. Each one of us may have different triggers which can result in us becoming anxious, angry or withdrawn.
- For some children they are able to feel in control when there is not too much external stimuli. They may be able to work and focus better in a quiet setting, or with specific music they like.
- Some environmental settings can help children regulate their emotions. For example, going for a walk or bouncing on a trampoline can help some children to gain back control of how they feel if the environment is having an impact on the way they feel.

What can you do?

- ✓ Gain an understanding of the settings that help your child feel either more calm or more upset.
- ✓ Are there specific sounds or sensory experiences that impact on your child's emotions such as going to a busy shopping centre, attending a child's party, fireworks, in out- of- school activities or specific times in school such as in assembly?
- ✓ Map out strategies that can help your child to cope in these situations e.g., having a toy or possession they can focus on; wearing headphones to reduce noise; asking permission to leave the setting for a short while.
- ✓ Discuss these with your child and talk to school or other places so they know how to help them.

