

'Happy, Sad, Angry and those in between - Supporting your to child manage emotions'

Annabelle Gilham – Systemic Family Therapist

Debbie Hurry – Registered Mental Health Nurse

Clinical Lead Specialists Early Help - CAMHS InReach Team

Working in partnership with

Wiltshire Council
Where everybody matters

Plan

- Understanding emotions.
- How do our emotions affect behaviour and well-being?
- Building emotional resilience, strategies and ideas.

AGilham/L.Pettigrew

Little People Big Feelings

- Children should be emotional
- It is how we learn about our own and other's feelings
- And how to manage them



AGilham/L.Pettigrew

Making sense of a child's (often very) emotional world



We all want our children to be able to understand and manage their emotions – the positive and the negative. We call this self regulation.

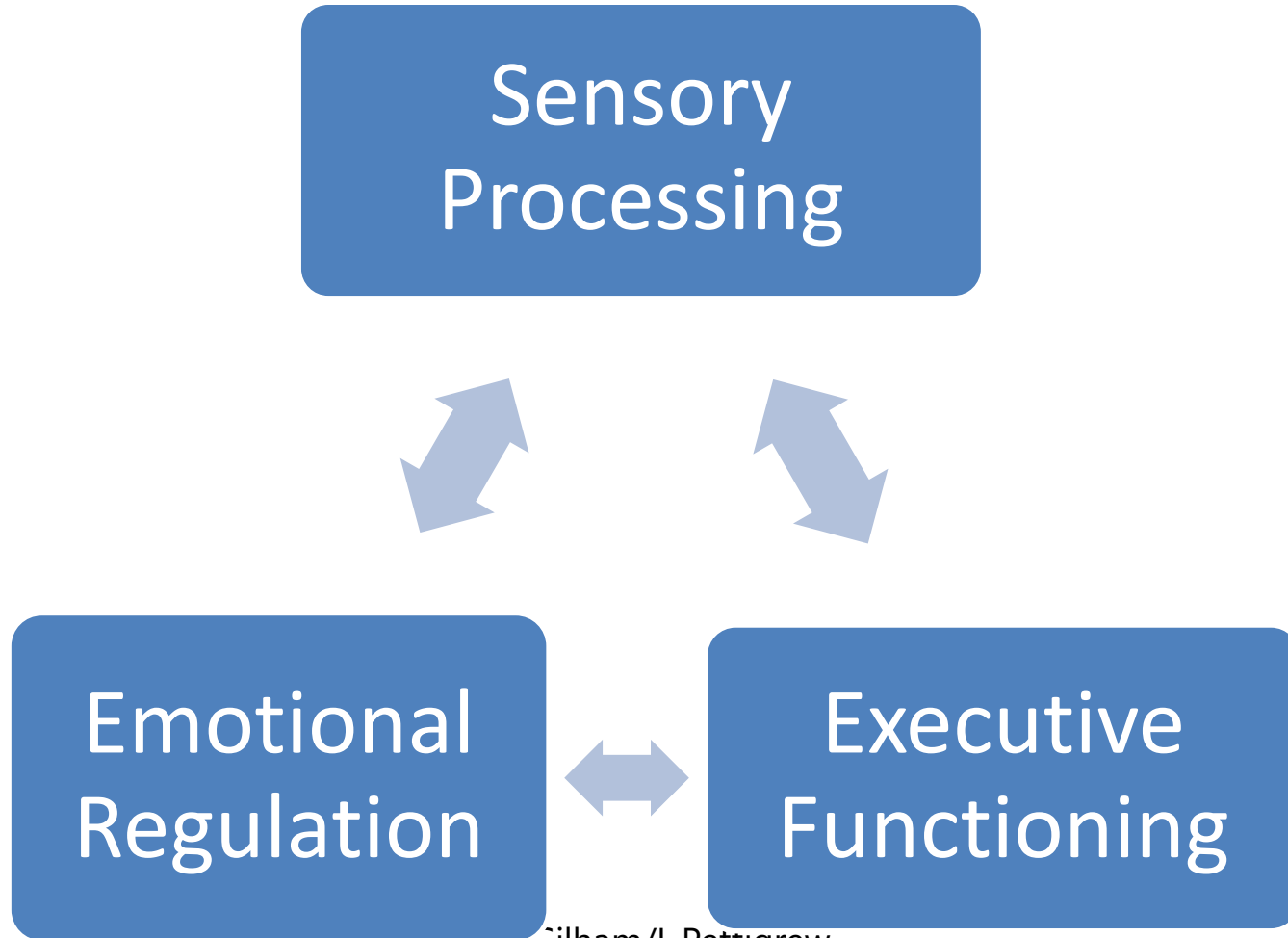


Sometimes self regulation is called self-control, anger-management /anger-control, impulse-control etc.



AGilham/L.Pettigrew

What's needed to self-regulate?



A.Gilham/L.Pettigrew

What is Sensory Processing?

How our brains make sense of, and respond to all the information picked up by our ***sight, smell, hearing, taste, touch, movement and body awareness.***

e.g. When a fire alarm sounds, the information is relayed to the brain and interpreted. We then decide if we need to act on it or filter it out.

This can be a lot for a little person to do all the time – we all make mistakes.



AGilham/L.Pettigrew

What is Executive Functioning?

This can be compared to a **command or control centre** in our brains that oversees *actions* and *mental operations*

e.g. Being able to listen and write at the same time, flexible thinking/considering more than one option etc.

How well it works can be influenced by how we are feeling

This can be hard work if you have lots of strong feelings!



AGilham/L.Pettigrew

What is Emotional Regulation?

'anyone can become angry, that is easy... but to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way... this is not easy'

Aristotle



AGilham/L.Pettigrew

Our emotions affect our thinking & doing



This can be hard for little people and confusing for us. Why are they doing that???

AGilham/L.Pettigrew

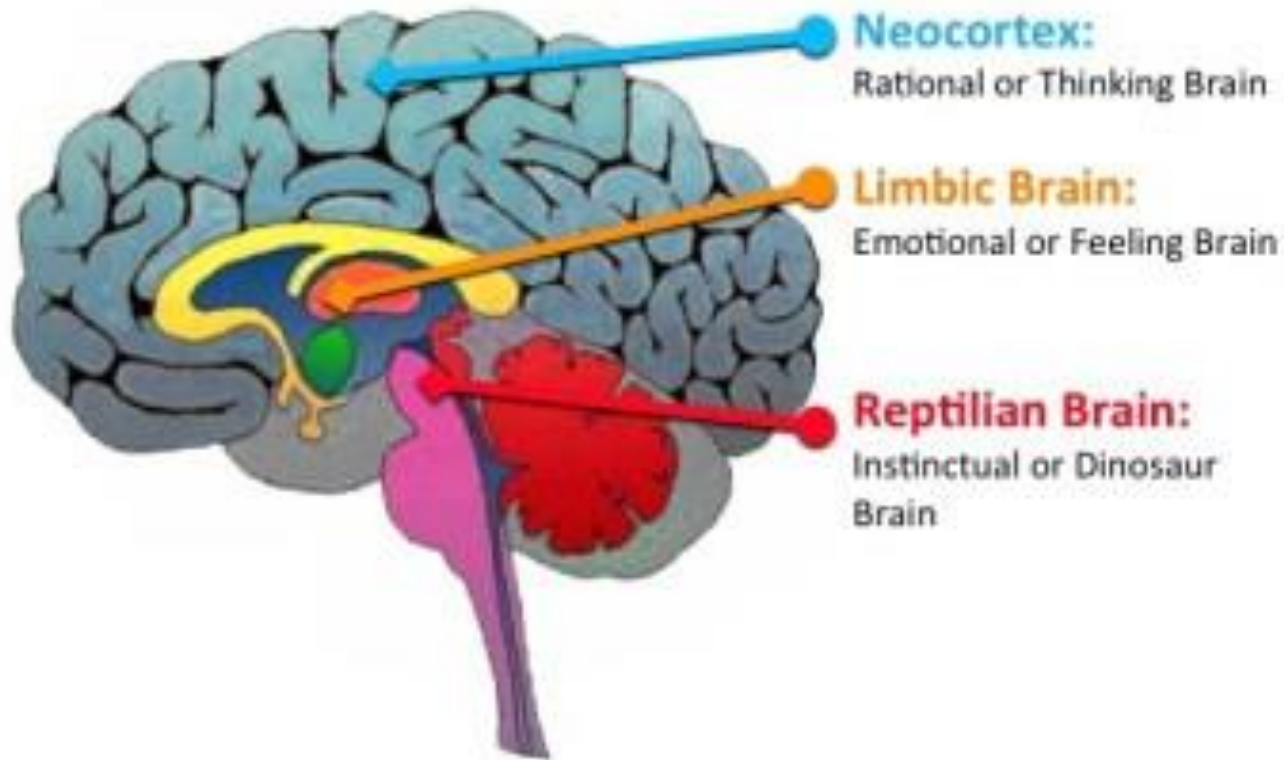
Brain development

- Childhood is a “sensitive” period of emotional development
- Children’s brains are developing key emotional connections



AGilham/L.Pettigrew

A child's brain is a work in progress..



AGilham/L.Pettigrew

“Flipping One’s Lid”



→ Prefrontal cortex
P.F.C.
“THE WISE LEADER”



← “Flipped Your Lid”

← The big emotions, anger, fear,
anxiety etc...
The AMYGDALA - The alarm center
Acts on instinct
fight, flight or freeze

Credit: Daniel Siegel, V.D. is the creator of this metaphor
and expression 'Flipped Lid'. Copyright © 2014 www.sharonelby.com

Sharon Selby © 2015 www.SharonSelby.com

AGilham/L.Pettigrew

Being a mind-reader

- Sometimes we are good at knowing what our children are feeling & what will 'set them off'
- But sometimes our children's emotions & responses can be a bit of a mystery
- Or we can get it completely really wrong!
- It's all OK... The important thing is to be curious....

AGilham/L.Pettigrew

What makes your child happy, what makes them sad?

If we ask our children what makes them happy or sad, they might answer...



if mummy or Daddy gets cross with me



when they give me cuddles on the sofa

What would yours say?

AGilham/L.Pettigrew

Zones of regulation

- A model for helping us to work alongside our children and their emotions.

- GET SET
- GET READY
- Go!!!!



AGilham/L.Pettigrew

Get Ready! Understanding the zones

- *Blue zone*. When your brain & body are working slowly – sad, tired, sick, bored
- *Green zone*. When your brain & body are regulated – calm, happy, focused, content
- *Yellow zone*. When your brain & body are heightened, but still some level of control – getting stressed, frustrated, anxious, excited
- *Red zone*. When your brain & body are extremely heightened with lots of very intense feelings and no control – anger, rage, panic, terror

AGilham/L.Pettigrew

Think traffic light



- *Green zone* "Good to go!"
- *Yellow zone* "Slow down!"
- *Red zone* "Stop & regain control"
- *Blue zone* "Take a rest break"

AGilham/L.Pettigrew

Good to go!

- Help your child to identify how they are feeling & what zone they are in – *blue*, *green*, *yellow*, *red*??
- Notice their body cues – wriggly, squirmy, nail biting?
- Help them to guess their 'triggers' and what can you do to help

AGilham/L.Pettigrew

How do I feel & what happens in my body ?

- *Blue zone* - down in the dumps, feeling blue
- *Green zone* - on top of the world, on cloud nine, cool
- *Yellow zone* - wound up, ants in pants, butterflies in tummy
- *Red zone* – about to explode, boiling



AGilham/L.Pettigrew

Signs and Support

When do we know our children are in the different 'zones'?

- Blue
- Green
- Yellow
- Red

What do we do to help?
Idea's and strategies...

- Blue
- Green
- Yellow
- Red

AGilham/L.Pettigrew

Help to predict their triggers & thinking about getting back to *Green*



AGilham/L.Pettigrew

GO - and they're off!

- Help them to feel confident that they can get back to **Green**
- Be a kind coach
- Develop 5 or more strategies they find calming that work for them – everyone is different
- Practice.... practice.....practice..



AGilham/L.Pettigrew

Different things work for different children – make a tool box

- Take a deep breath
- Count to ten
- Visualisation
- Yoga – muscle relaxation
- 'shake it out' – bounce, sing, dance.....
- Detective thinking
- Big problem, little problem?
- Who can help?



AGilham/L.Pettigrew

Celebrate effort & success!!



AGilham/L.Pettigrew

Resources:

- A Volcano in My Tummy: Helping Children to Handle Anger: A Resource Book for Parents, Caregivers and Teachers. Eliane Whitehouse, Warwick Pudney
- What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems with Anger. Dawn Huebner
- The Red Beast: Controlling Anger in Children, including those with Asperger Syndrome.. K.I. Al-Ghani
- The Disappointment Dragon: Learning to cope with disappointment (for all children and dragon tamers, including those with Asperger syndrome) K.I. Al-Ghani
- The Zones of Regulation – A curriculum Designed to Foster Self Regulation and Emotional Control. Leah M Kuypers
- How do I feel? An Interactive Reading book of emotions. Joan Green

AGilham/L.Pettigrew