



MENTAL WELLBEING AND SAFETY > EMOTION REGULATION

A LISTENING TO FAMILIES RESOURCE

Emotion Regulation

Questions about Emotion Regulation identified by families are answered in a conversation with a Child and Adolescent Psychologist

QUESTIONS ANSWERED IN THIS SERIES

- ⦿ What is emotion regulation?
- ⦿ Skills to build emotional regulation
- ⦿ What can whanau do to support emotion regulation in children?
- ⦿ Emotion Coaching
- ⦿ Hand brain model - Flip the Lid
- ⦿ I don't understand where this outburst came from

and further questions

WATCH THE FULL SERIES · 8 VIDEO CLIPS

NZ families' questions about the development, health, and wellbeing of children and young people are answered in conversations with local Specialists.

listeningtofamilies.co.nz/emotion-regulation