Self-regulation
Self-regulation is being able to manage feelings and behaviour when reacting to situations around you, for example, being able to regulate feelings of frustration or excitement, being able to calm yourself, focus on a task or learn strategies to get along with others.
Self-regulation helps children to learn at school, behave appropriately in social situations, make friendships, become independent and manage stressful situations.
Self-soothing or regulation begins with babies, for example, being soothed by a cuddle or comforter. A toddler, for example, begins to regulate by being able to wait for a toy or a drink. A 3 or 4 year old will begin to regulate their behaviour with support from an adult.

Strategies to help children learn self-regulation
- Model self-regulation so that children can learn from the behaviour they see.
- Talk to children about the emotions they are experiencing
- Have clear rules so that children understands behaviour expectations
- Talk about the behaviour you expect
- Praise children when they manage to self-regulate
When children are tired, ill or have a change in routine, they may find self-regulation more difficult.
If you feel a child really struggles with self-regulation, and strategies are not working, consider visiting the GP for advice.