

KIDS PACKET

... First Professional Magazine for Preschoolers, Parents and Teachers



Knowledge **I**ntegration Through **D**aily **S**timulus
for **P**arents **C**urious **K**ids and
Enthusiastic **T**eachers



Issue 2, Volume 1, Oct-Dec 2019
October 2019 UPDATES

Is your Kid
Emotionally
Regulated ?



An Initiative of Aduvaret Kids LLP to integrate parents, kids and teachers for overall development of Kids

Is your Kid Emotionally Regulated?

Parents and Teachers role in making the kid emotionally strong.

It was a pleasant summer evening. Samir along with his 5 years old son Arya went out for shopping. They planned to buy a gift for Arya's friend's birthday. Samir and Arya got into a gift store and bought a nice doll as birthday gift. While Samir was making the payment and requesting the sales person to wrap the doll as a gift, Arya was moving around the store and picked a very expensive electronic gadget. Arya was looking happy to have the gadget and approached to his daddy to have that immediately.

Samir was bit confused and surprised when he realised that Arya was quite adamant even after the soft denial of Samir to buy the electronic gadget. Soon Arya started shouting and throwing items in the store here and there. This made Samir's situation in the store quite awkward and exited the store by forcibly taking his son.

He was seriously thinking of his son's emotional outburst for a simple denial of having an electronic gadget.

Does such situation happen with you?

Most of us do experience such situation while we raise our kids with utmost care.

Many kids exhibit extreme emotion in many occasions like Arya. It is not surprising that many kids show such emotional outburst, but it is definitely surprising if parents do not take this matter seriously and make amendments through emotional regulations.

Emotion is defined as a strong feeling deriving from a situation, circumstance, one's mood or relationship with others.

Emotion in a child is developed continuously with accumulation of some social behaviour and social experiences. Before full-fledged development of a negative emotion, the child exhibit some unwanted negative behaviour which we parents must be aware of.

Lets take the following test for your kid to check if your kid is exhibiting the right behaviour



How to take the test;

There are 10 situations listed in the following table. All the situations are typical daily situations which you witness for your kid. Each of the situation has 5 possible answer to describe your child's behaviour.

Each of the possible answer has a score attached to it as follows;



Possible Answer to describe your kid's behaviour

Score

Always

5

Most of the times

4

Sometimes

3

Rarely

2

Never

1

Now you may go ahead to do the test for yourself. Read out the situation given in column 1 of the table and rate your kids behaviour by selecting appropriate options. You may circle the appropriate number in each of the situation.



Situation	Always	Most of the time	Sometimes	Rarely	Never
Your kid is lying to alter your perception about a situation or circumstance	5	4	3	2	1
Your kid is stealing items (like pen, pencil, toy, chocolate etc.) from peers	5	4	3	2	1
Your kid is doing something without informing you which she/he should have informed like going out to play, taking your mobile to play, playing with your personal belongings like book or laptop	5	4	3	2	1
Your kid is acting for excuse (like telling stomach-ache at school time, complaining of headache to avoid evening studies etc.)	5	4	3	2	1
Your kid is impatience for having something (like having an ice cream, going to play, having electronic gadgets to play etc.)	5	4	3	2	1
Your child is facing difficulties in concentration (like not playing with a doll for more than 2-3 minutes etc.)	5	4	3	2	1
Your kid prefers to stay isolated from friends (not showing interest to play with them)	5	4	3	2	1
Your kid lacks high enthusiasm and interest for studies like spending time with alphabet book or Rhyme book	5	4	3	2	1
Your kid lacks high enthusiasm and interest in eating	5	4	3	2	1
Your kid is unhappy to share her/his toys, chocolates and books with others	5	4	3	2	1
TOTAL SCORE					

Results and interpretation



After finishing the rating of all the situations, add all the score (the circled ones) to get the total score. You may interpret the score as follows:

Score

Less than 20

Between 20 and 35

More than 35

Interpretation

your kid's behaviour is PERFECT and likely to have a very strong positive emotion

your kid's behaviour may lead to moderately negative emotions

your kid's behaviour would definitely lead to very strong negative emotion and thus needs regulation

Parents and teachers may initiate necessary action for the behaviour regulation mostly if the score is above 20. This includes more attention, more socialisation and increasing the productive time with the kids.



The repeated occurrence of the above situation would lead to emotional arousal in kids as well as in parents, teachers and peers. Therefore this needs a structured regulation of such emotional arousals.

"Emotion regulation" is a term generally used to describe a person's ability to effectively manage and respond to an emotional experience. We all know that children imitate their parents, and, parents influence their children a lot on various aspects of the child's development. Let us try to understand if the parents' way of expressing their emotions have, at all any influence of the children's emotion regulation.



We all experience a wide range of emotions and express them in different ways, few could be positive, others negative. The presentation of any emotion can be verbal or nonverbal. Any individual exhibits a reappraisal or suppressive mechanism for an emotion. Reappraisal is an adaptive strategy while suppression a maladaptive strategy. Whatever style one adopts reflects on one's level of developing the coping mechanisms and ability to deal with emotions. Beyond suppression and reappraisal use, a great deal of research has examined emotion regulation more generally with findings that implicate its role in many facets of normative social, emotional, and psychological functioning and development.

Strategies for Emotion Regulation

There are two major strategies, parents and teacher may adopt to regulate the negative emotions and behaviour among the kids.

1. Making the Kid aware about the self-behaviour and emotion

Negative emotion has both extreme ends. Any negative emotion may be of mild or severe. While a mild negative emotion may be accepted to certain extent, moderate to severe emotions must be regulated. In this strategy, the role of parents and teachers is to make the kid realise how he/she looks by exhibiting that particular emotion like anger, sadness etc

One of the tool to administer the strategy is "Emotion Scale" or "Emotion Thermometer". The tool may be created by the pre-schools, teachers or parents by adopting a scale from positive emotion, to mild negative emotion, to moderate and severe negative emotions. The scale can then be represented by smileys with different emotions. You may ask Aduvaret Kids to help you in supplying such tool to you.

How to administer the tool ?

When a child is exhibiting very strong negative emotion, make him/ her relaxed by taking away the situation/ person from the scene. Take the kid and make him/her stand under the severely negative emotion represented smiley (which must be looking very rude/ odd/ not acceptable etc.) and tell the child that he/she looks like this when he/she is angry or sad. Then positively ask the child, "Would you like to be seen like this?".

Sure enough, the kid would say "NO".

Further ask, how would you want to look like by pointing out to the options in the Emotion scale? Sure enough, the kid would prefer to a smiley in a very positive emotion.

This is the point of transition for regulating the emotion.

By such awareness, the negative emotions can be regulated in the child.



2. Regulating the self-emotions of Parents or Teachers

Researches and developmental psychologists opine that the parental behaviour on expressing themselves for the emotions, verbally and non-verbally, in the family context have greater impact on the children during their formative years who are exposed to these behaviours; and, hence, the emphasis on the importance of the parental role in developing children's ability to self-regulate their emotions.

Children who are exposed to the parental negative emotions indulged in self-blame, low emotion regulation. These children present themselves being sad, depressed, angry, frustrated, indulge in socially unacceptable behaviour, lack emotional competence and inflict self-injury. On the other hand children whose parents present positive emotions, develop or learn effective emotions coping and regulatory skills.

There are studies that have captured the social behaviour of the children at various age levels. These studies have elicited their relation to the impact of emotions on the children during their development period. There are innumerable factors, both intrinsic and extrinsic, that contribute to the development of emotion regulation in the children from infancy through adolescence. Some of social factors that have influence on emotion regulation development, include interactions with parents, teachers, and peers, as well as societal influences like culture and the media.

As said, children imitate their parents. Now, with this background, for a parent to be an effective and adequate emotion socialization agent for their child, they must have sufficient emotional understanding as well as the ability to effectively and adaptively manage their own emotions.

Let us look at the healthy ways of developing emotion regulation by the parents:

- a. Talking with your friends: express with them to get rid of the emotional status
- b. Healthy mind in healthy body so exercising can be one way to deal
- c. Get involved in creative writing, write for a journal, magazine. You may write your thoughts for KIDS PACKET as well. Our team would edit them to publish.
- d. Work for mind through meditation
- e. Take care of self when you are ill
- f. Take rest and have adequate and sound sleep
- g. Pay attention to negative thoughts that occur before or after strong emotions
- h. Take a BREAK - when you feel it is NEEDED.

Remember your mind makes for the happiness in the family, for the family!

Happy parenting!





Please tell us or write us with your feedback

Adiuvaret Kids

 R.H.- 4, Marigold, Veerbhadra Nagar, Lane-8, Baner, Pune- 411 045

 kids.adiuvaret@gmail.com | kidspacket@gmail.com

 www.kids.adiuvaret.com

 Cell: 7760997743



Scan QR code to
direct website link

