



Emotional Regulation & Expression

Contributing Therapists: Laureen Franklin, M.S., OTR/L, OTR/L, Emily Tolstad, M.A., CCC-SLP, Arlyn Zeller, M.S., Elyse Sutherland, B.A., SLP, CCC-SLP, Greg Burrows, M.S., & CCC-SLP

During February, we often find our time and efforts centered on expressing how we feel about the people we love in our lives. This offers a great opportunity for children to learn about understanding and identifying emotions and developing self-regulation. This month’s newsletter is dedicated to giving our families ideas and strategies for helping your children increase their ability to understand and express feelings as well as regulate emotions and actions. We also discuss the topic of sensory processing and self-regulation and how parents can help.

Tips from our Speech Therapists: How to Teach Your Child about Emotions

We asked a few of our speech therapists here at K.I.D.S. Therapy to give us their favorite method for teaching a child about how to identify, understand, and express emotions. Here’s what they said!

Ms. Morgan said.... “There are so many great apps out there that can be used to facilitate language growth in all areas, including emotions. The key is parent involvement and generalization into real-life situations. It is recommended that caregivers interact with the child as they play on electronic devices to take advantage of more open-ended learning opportunities. Terminology used during “iPad time” should be carried over and repeated during daily activities.”

Mr. Greg said.... “Pick a short clip of your child’s favorite movie or television show that clearly depict characters’ emotions. Then, press pause and discuss the character’s feelings and what is happening. Be sure to chat about the following questions: *How does he/she feel? How do you know they feel this way? What made them feel this emotion? What could the other characters do to make this character feel better? What things can the character do to help himself feel better or calmer?*”

Ms. Emily said.... “Parents can use a lot of self-talk throughout their day in which they narrate what they are feeling, how they think other people are feeling, why, and how to react appropriately to the situation. For example: “I can see that {child’s name} is feeling happy when he goes down the slide because he is laughing! He must be having fun. I want to go ask him if I can play too.” This can help your child learn how to think through the process of connecting other people’s behaviors, as well as their own internal feelings, to an emotional label. You can teach your child how to formulate a strategy for how to cope with their own emotions by narrating your own thought process.”

Ms. Elyse said.... “Books are an excellent way to teach emotions! Most children’s books contain situations where characters go through a variety of emotions. While reading your child’s favorite book, be sure to identify the characters’ emotions, body language, facial expressions, and causal factors. Discussing the emotions of others based on a story scenario can be a great, natural way for a child to learn and reflect on emotions, in a less stressful way when they are not personally in an elevated emotional state.”

Ms. Arlyn said.... “I like to take pictures of the child’s own face or family members’ faces depicting a variety of emotions. Many children have a lot of fun doing this with an iPad. You can do lots of fun things with the pictures such as printing the photos out to create your own flashcards, stories about experiences, or matching games (e.g., Memory). It’s also fun to just scroll through the pictures later on to review the facial expressions.

February, 2014



Inside this issue:

Tips and Tricks for Teaching Emotions

Emotions iPad app and Book Recommendations

Sensory Processing and Self-regulation: Parents can help!

How to Alter Input to be Calming vs. Altering

DIY Valentine’s Day Feelings Book

Reminders:

- **The K.I.D.S. Clinic will be closed on February 17th for Presidents Day**



- **Happy Valentine’s Day!!!**

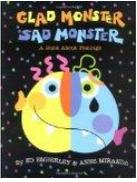


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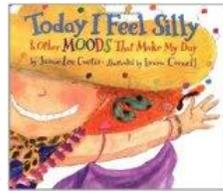
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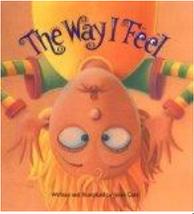
Our Speech Therapists' Favorite Picture Books About Emotions



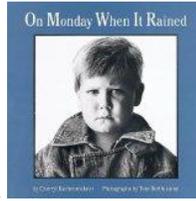
Glad Monster, Sad Monster by Ed Emberley
Lee Curtis



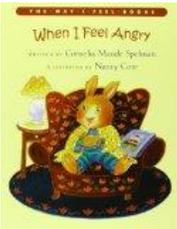
Today I Feel Silly & Other Moods That Make My Day by Jamie Lee Curtis



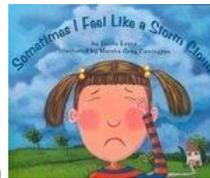
The Way I Feel by Janan Cain



On Monday When It Rained by Cheryl Kachenmeister



When I Feel Angry by Cornelia Maude Spelman



Sometimes I Feel Like a Storm Cloud by Leslie Evans

Recommended iPad Apps about Emotions

Name of App	Level of Difficulty	Description
Breath, Think, Do with Sesame Street	Beginner	Laugh and learn as you help a Sesame Street monster friend calm down and solve everyday challenges. This bilingual (English and Spanish), research-based app helps your child learn Sesame's "Breathe, Think, Do" strategy for problem-solving. Tap and touch to help the monster friend take deep breaths, think of plans, and try them out! Your child will enjoy silly animations and playful interactions as she is exposed to important emotional vocabulary, a calm breathing technique, personalized encouragements, and more!
ABA Flashcards & Games: Emotions by Innovative Mobile Apps (Free)	Beginner	This app provides a simple, and easy way for your child to learn to recognize, understand, and respond appropriately to emotions. This application covers over 20 different emotions via flash cards and interactive games. You and your child can scan through the emotions flashcards and guess the emotion depicted. You can take it a step further by discussing possible reasons a person might feel this emotion and how to appropriately respond when ourselves or others are experiencing the emotion.
Avokiddo Emotions by Avokiddo	Intermediate	Teach children about emotions through a collection of comical animals, and more than 100 virtual props. Discover emotions and more by dressing up, feeding, sharing toys and interacting with a collection of comical animals, using over 100 uniquely themed props in this endless play funhouse. This app lets kids of all ages explore feelings in an open ended free style playroom.
Toca Kitchen & Toca Kitchen Monsters	Intermediate	<i>Toca Kitchen</i> lets you cook food for four hungry characters. Characters respond to your food choices with a variety of emotions depending on each one's preference. Analyze each character's facial expressions to inference how they feel about each meal you create!
Between the Lines	Advanced	<i>Between the Lines</i> is designed for older elementary students and up, who would benefit from practice interpreting vocal intonation, facial expressions, perspective-taking, body language, and idiomatic or slang expressions. Using real photographs, voices and short mini-video clips of a variety of social situations and expressions, this app provides a dynamic way to help learn and practice interpreting the messages that are "between the lines" and simply can't be replicated with worksheets and static flashcards. A variety of levels are offered.
FriendMaker by Wiley Publishing	Advanced	This app and its counterpart book <i>The Science of Making Friends</i> by Dr. Elizabeth Laugeson break down the process of making friends into easy, concrete steps—from choosing friends and improving conversational skills to online etiquette and handling teasing. This app is based on research conducted through UCLA's PEERS social skills intervention program and can help adolescents and adults who struggle socially with the unwritten rules of social behavior.

Sensory Processing and Self-regulation: Parents can help!

Written by Laureen Franklin, M.S., OTR/L

“Sensory integration dysfunction is the result of poor processing or organization of sensations that give us information about our bodies and the world around us. When sensory information is confusing, overwhelming, or distorted, we are likely to have difficulty paying attention, learning, planning and doing things in a skilled fashion.”

When children have difficulty processing sensory information, they have difficulty with regulating themselves internally. Self-regulation is a term that refers to the child’s ability to focus his attention and control his behavior. A child must understand what is asked of him in a given situation, monitor his own behavior to see if it matches, and maintain or change what he is doing based on his evaluation.

Parents can help: You play an essential role in helping your child develop self-regulation. First and foremost, the close relationship you build with your child helps him to regulate his emotions and his actions. We call this early relationship attachment, and it develops because your child learns to trust you to fulfill his needs. He can rely on your consistent care and attention, so he learns to quiet and control himself.

Playtime is an excellent opportunity to build your relationship with your child and help him regulate his own behavior. Your child has an innate desire to play, so he is motivated to focus his attention and keep up positive behaviors that allow the play to continue. There are ways you can help your child develop self-regulation through play, as well as, ways to facilitate your child’s ability to self-regulate by learning about their body cues and identifying strategies to change their level of alertness.

The ALERT program is a tool you can use with your child. The ALERT program assists with self-regulation by providing a framework for therapists, parents, and teachers to help children recognize and regulate their brain arousal states. Students in the ALERT program learn about their own body cues related to the engine levels. K.I.D.S. Therapy’s

The Alert Program lends itself to the analogy that your body is like a car engine. Sometimes our engines get “too high,” such as when we get too hyper and overexcited, and sometimes our engines get “too low,” such as when we are very sleepy or lethargic. The goal of the Alert Program is to get our engines to the “just right” speed, so we are best able to focus, get work tasks done in a timely manner, play with our friends most effectively, etc. Be sure to take a look at our website under the “Newsletter” tab to view a social story written my K.I.D.S. Therapy which explains these principles to your child.

There are many activities that can alter your child’s level alertness. The chart on the right gives some great ideas on how various sensory inputs can impact your child’s level of alertness. You can explore these with your child at home and help your child identify how these various strategies change his alertness level. For example, “Wow, your body looks calm after you received five pillow squishes,” or “Your engine looks like it is running really high after jumping on the trampoline, that might be a great activity for you to do to get your body ready when you wake up in the morning.”

Be sure to ask your own therapist about any questions!

Check out our website!!!

- Find this month’s Sensory/Social Story **"My Body is Like an Engine"** that teaches the different levels of arousal
- Print your own **DIY Valentine’s Day Emotions book** that is featured in our waiting room this month



How to Alter Input to be Alerting or Calming

Input	Calming	Alerting
 <p>Joint/Muscles</p>	<ul style="list-style-type: none"> -Heavy resistance -Steady compression -Slow stretch Push/Pull 	<ul style="list-style-type: none"> -Fast paced -Quick changes -Abrupt stop/starts -Unexpected changes -Jerking or jarring
 <p>Touch</p>	<ul style="list-style-type: none"> -Deep pressure -Tight wrap -Compression to large areas -Familiar touch -Smooth -Warm 	<ul style="list-style-type: none"> -Light touch Unexpected touch -Dabs or pokes -Face or palm of hands -Cold -Rough textures
 <p>Movement</p>	<ul style="list-style-type: none"> -Linear (back and forth) -Rhythmical -Slow -Visual focus 	<ul style="list-style-type: none"> -Rotary -Without rhythm -Jerky or rapid -Head upside down
 <p>Visual</p>	<ul style="list-style-type: none"> -Dim Lights -Well defined without excess clutter -Unchanging 	<ul style="list-style-type: none"> -Bright lights -Fast moving -Unfamiliar sights -Peripheral vision -Bold contrast (black on white)
 <p>Auditory</p>	<ul style="list-style-type: none"> -Rhythmical singing -Quiet and predictable -Low tone -Familiar noise 	<ul style="list-style-type: none"> -High Pitched -Unexpected -Loud -- Changing tone, volume, and pitch
 <p>Oral</p>	<ul style="list-style-type: none"> -Suck through a resistive straw -Blow -Chew a resistive or crunchy food 	<ul style="list-style-type: none"> -Suck on a piece of spicy or sour candy -Lick ice or popsicle -Chew something crunchy