



Practical Pillars THE THERAPY

Supporting Regulation in Children and Young People

Children and young people often communicate stress, overwhelm, or unmet needs through their behaviour. Regulation refers to the ability to notice emotions, manage reactions, and return to a calmer state. Support from adults plays an important role in developing these skills over time.

What Dysregulation Can Look Like

- Big emotional reactions or frequent meltdowns
 - Withdrawal, shutdown, or avoidance
- Difficulty following instructions or coping with change
 - Increased irritability, anxiety, or aggression

How Adults Can Support Regulation

- Stay calm and regulated yourself where possible
- Provide predictability through routine and clear expectations
- Use simple, reassuring language rather than lengthy explanations
 - Offer co-regulation before expecting self-regulation
 - Focus on connection before correction

Practical Regulation Strategies

- Slow breathing together or counting breaths
- Sensory input such as deep pressure, movement, or quiet space
 - Naming feelings and reassuring safety
- Short breaks or transitions between activities

If regulation difficulties are ongoing or significantly impacting daily life, additional support may be helpful.

Practical Pillars Therapy

Practical Pillars provides social work support for children, young people, and families using a trauma-informed, relational approach.

www.practicalpillars.com.au