

Supporting Your Child's Emotional Development

Alwyn Infant School

Summer Term 2025

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Session One (8th May 14:15)

- Exploring emotional regulation in relation to brain development

Session Two (15th May 14:30)

- An introduction to PACE, an emotion coaching approach
- Q & A Session

Regulation

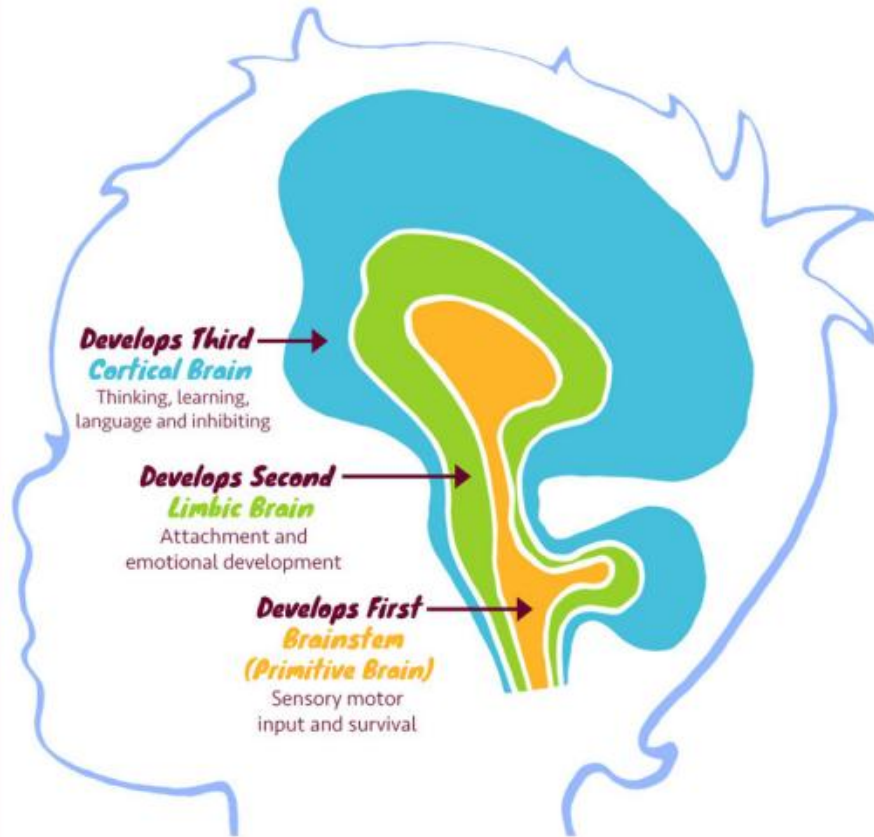
Temperature

Cognitive

Behavioural

Emotional

Brain Development



Children's brains develop
from the bottom up.



The developing brain: neural pathways



Newborn



1 Month



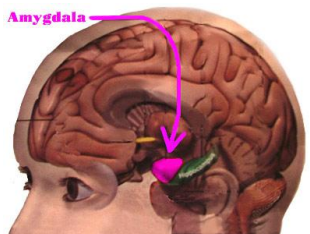
9 Months



2 Years



Adult

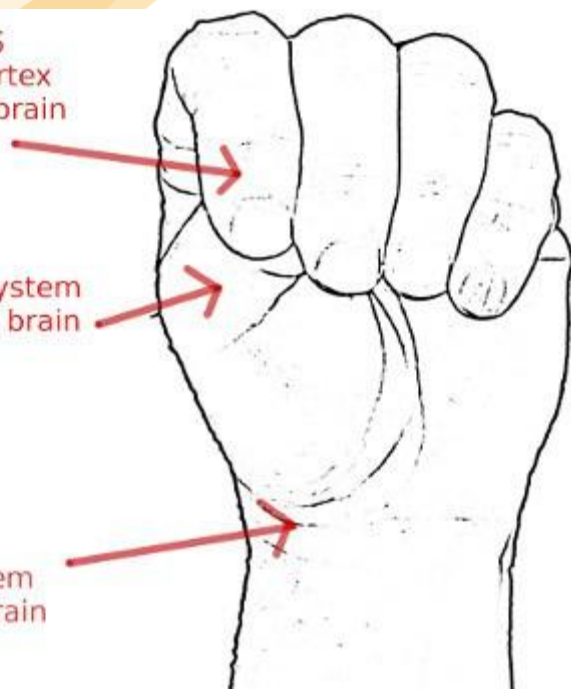


Dan Siegel Hand Model of the Brain-Dysregulation

FINGERS
Front cortex
Human brain

THUMB
Limbic system
Mammal brain

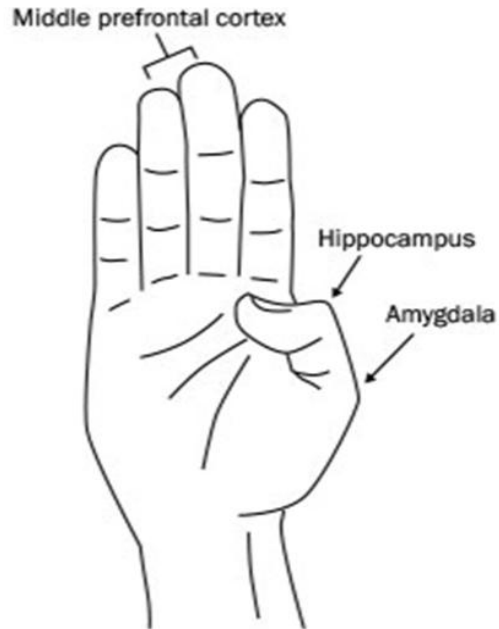
WRIST
Brain stem
Lizard brain



Amygdala fires off
Downstairs brain is active and stress hormones flood the body.
This causes the upstairs brain to 'flip its lid'.

When we are in a feeling place we have no capacity to think.

Dysregulation: What do we notice?



What sorts of responses or behaviours do we see from children when their brain has 'flipped its lid'?

What sorts of responses or behaviours do we see from adults when their brain has 'flipped its lid'?

Behavior is like an iceberg



What you see...

Am I safe?
Am I loved?
Do I matter?
I feel angry.
I feel sad.
I feel scared.
I feel hungry or tired.
I am feeling overwhelmed.
I have developmental delays.
I can't communicate any other way!
I feel overstimulated. I have sensory needs.
I need understanding or help!

(What they're really saying)

Emotional Containment

This concept, developed by Bion, a British Psychoanalyst, refers to the process of being **emotionally receptive** to another person's difficult emotions and helping them to process and integrate those feelings. It's about creating a safe and supportive environment where someone can **experience and work through their emotions without being overwhelmed or judged and without the 'container' becoming overwhelmed themselves.**



Emotional dysregulation presents opportunities for **learning and connection** – think back to the **neural pathways** which are developing

The Concept of Co-Regulation

Examples of co-regulation:

Shushing/patting/rocking
(infants)

Sitting alongside

Regulating our own breathing as
a model

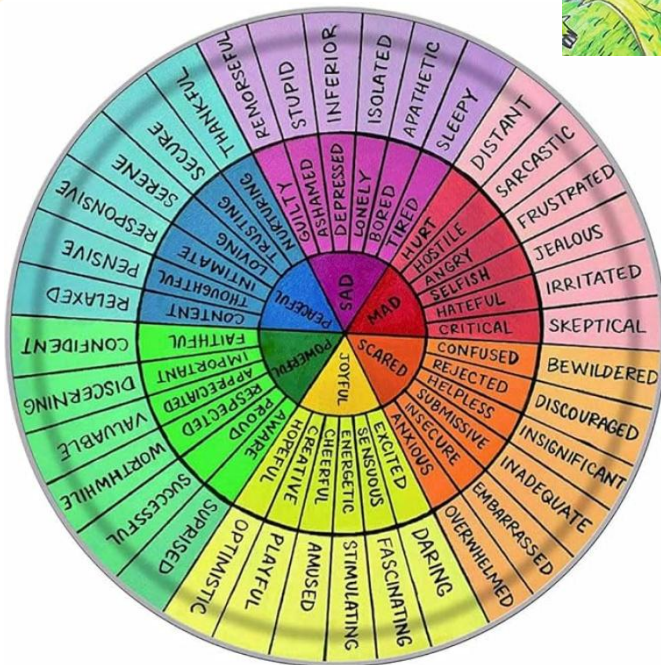
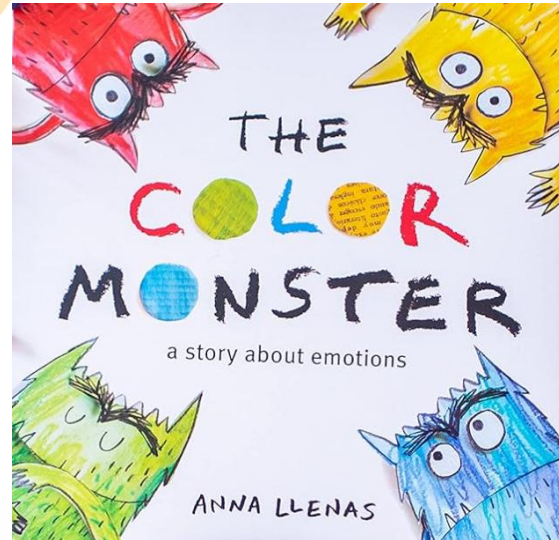
Repeated, supported phrases

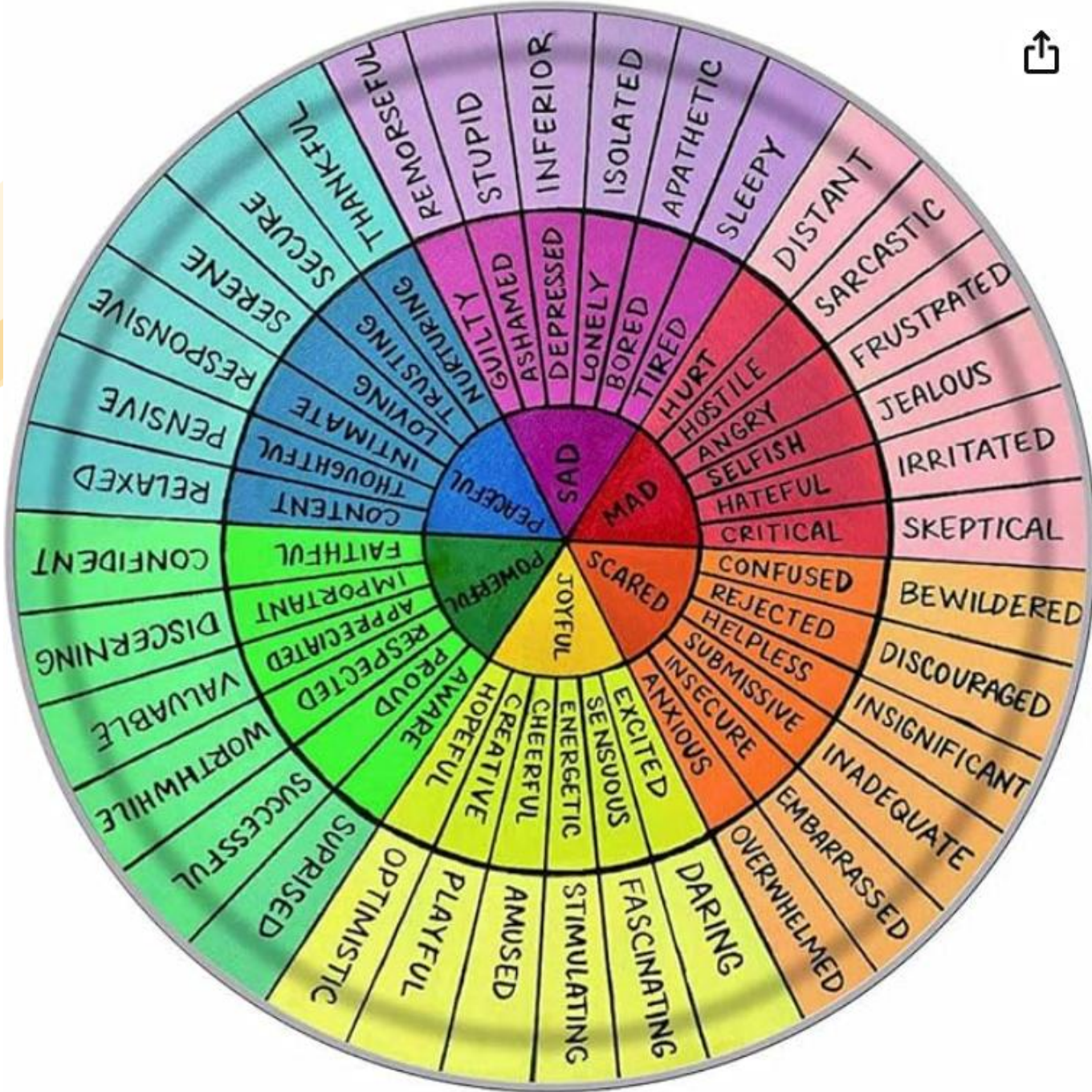


The Concept of Self-Regulation



Developing children's emotional literacy





Thank You



**achieving
for children**



achieving for children

Champions for children and families