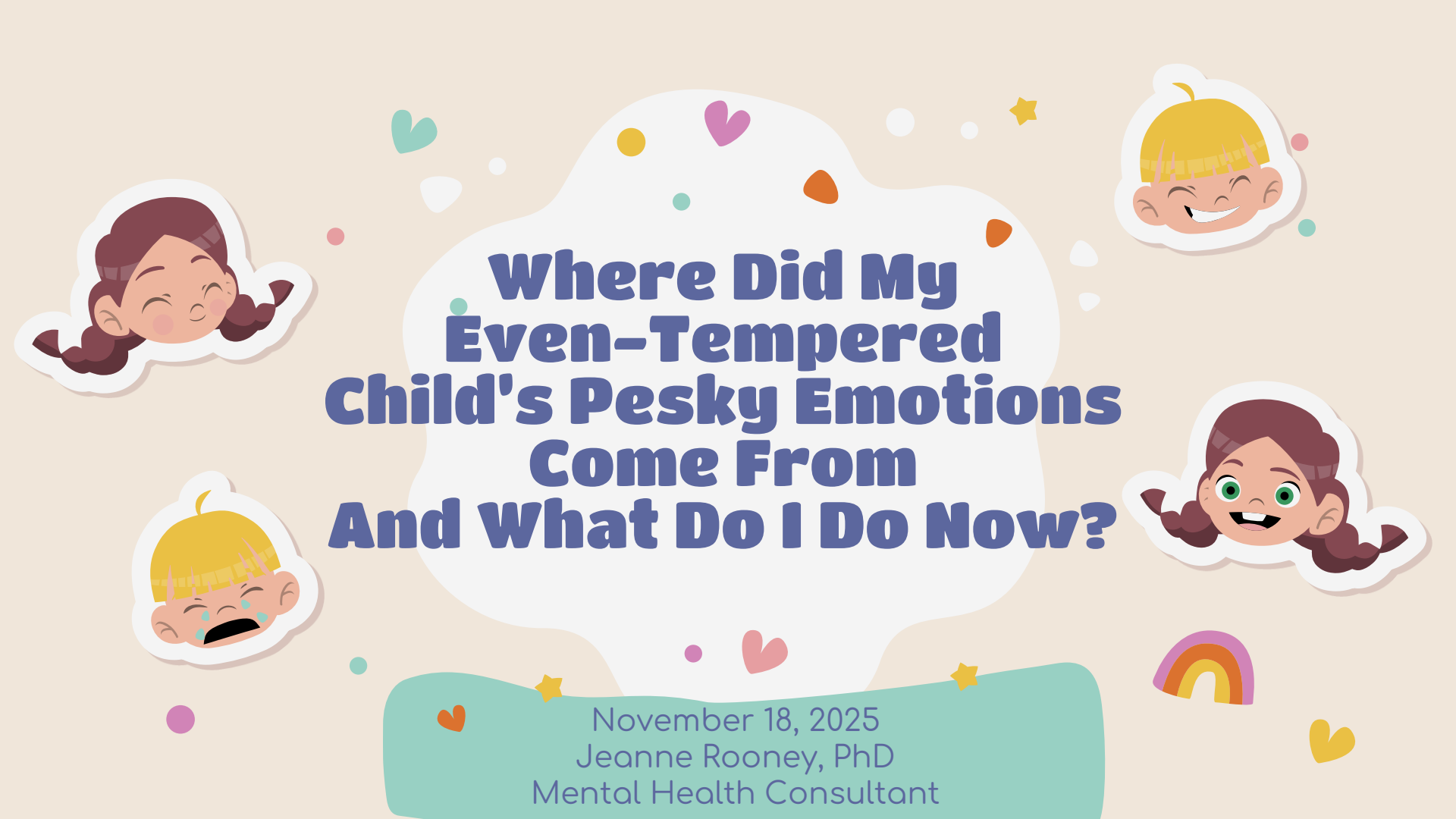




Where Did My Even-Tempered Child's Pesky Emotions Come From And What Do I Do Now?

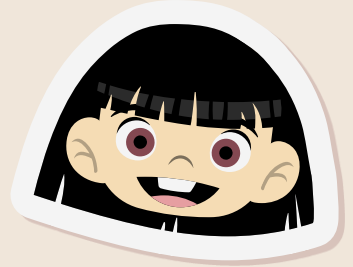
November 18, 2025
Jeanne Rooney, PhD
Mental Health Consultant

Agenda

- Defining emotions
- Discuss emotional development from newborn through pre-school
- What is the meaning of regulation
- What are the steps in consistently managing emotions and handling challenges responsibly
- What can we expect from our 2 , 3 and 4 years old populations
- Emotional regulation beyond pre-school (even adulthood)

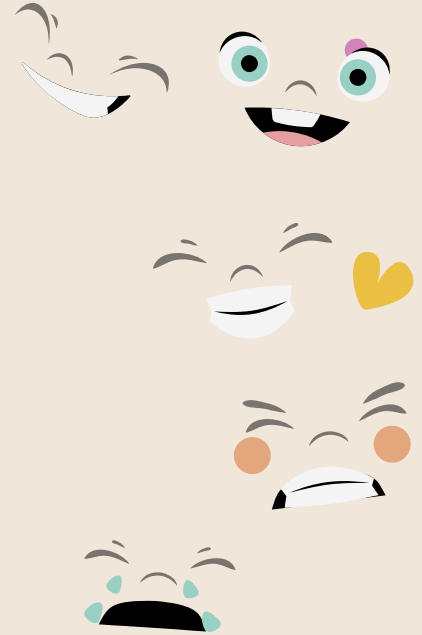
Emotions

- Feelings
 - Positive
 - Negative
- Reactions
 - Overt
 - Hidden
- Emotional Intelligence
- Emotional Regulation



Children With a Strong Foundation in Emotional Vocabulary...

- Tolerate frustration better
- Get into fewer fights
- Engage in less destructive behavior
- Are less lonely
- Are less impulsive
- Are more focused
- Have greater academic achievement
- Develop more satisfying social skills and friendships



Emotional Regulation

Three essential skills:

1. Become emotionally literate
 - Name emotions in oneself
 - Name the emotions in other people
2. Recognize one's own or another's emotions:
 - At an emotional time
 - Learn to calm down to reduce the intense feelings
3. When Calm
 - Consider a more reasonable response/plan
 - Ask "Is the plan workable"?

Emotions Chart



Happy



Sad



Proud



Nervous



Loved



Scared



Mad



Frustrated



Lonely



Embarrassed

Emotions Chart

HOW ARE YOU FEELING?



HAPPY



SAD



PROUD



SHY



EXCITED



CALM



ANGRY



SCARED



WORRIED



JEALOUS



BRAVE



EMBARRASED



FRUSTRATED



SILLY



LOVED



BORED

Emotions



happy



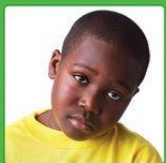
afraid



guilty



excited



sorry



jealous



sad



proud



tired



angry



bored



loved



embarrassed



surprised



shy



hopeful

Filling a Toolbox With Skills

Our focus is on preschoolers readiness for managing their emotions

Three Steps:

1. Noticing emotions - birth to 1 year
2. Expressing emotions – Two to three years
3. Managing emotions – Three to five Years



Emotional Development

Major emotional states in childhood development

1. Noticing emotions: Birth to Eighteen Months
2. Expressing emotions: Two- to Three-year-olds
3. Managing Emotions: Three-to-Five-year Olds

Noticing Emotions:

Two theories on development of emotions

1. Children are born with : 3 emotions: happiness, anger, fear
2. Wider range of emotions which have yet to be developed

Foster growth at this stage:

1. Show your emotion
2. Encourage self-soothing



Expressing Emotions

Two to Three Years

With an expanded vocabulary and greater independence, there are more opportunities for feeling and expressing their emotions

Much of the learning has a “trial and error feel” - that over time moves more toward a measured response.

To foster growth:

Acknowledge your child's feelings

Explain why their upset/behavior has occurred and why it can't be allowed

Managing Emotions Three to Five Years Old

Their continued growth with more opportunities, like 'preschool' provides opportunities to practice their skills, those that are responsible and those that need more understanding and practice.

- Find their comfort zone when upset
- Model strategies for calming down, for thinking of other ways to handle their upset
- Have realistic expectations

Calming Strategies

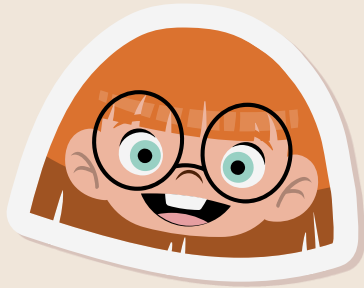
- Naming emotions
- Learn calming strategies:
 - Deep breathing
 - Find a quiet space
 - Be alone
 - Talk to someone, ask for help
 - Color
 - Read a book
- Suggest ways to handle the problem
 - Make a chart of reasonable solutions
 - Modeling
 - Role playing

Final Thoughts

- Teaching children to manage their emotions is hard work; our teachers understand this stage of emotional development and are supportive of the children as they progress through the stages.
- Emotional regulation involves lots of practice opportunities and as much consistency as you can muster.
- Don't forget to give yourself some pats on the back.

Resources

- Mahalli, A. Maple Holistics
- Meinke, H., 2019. Understanding the Stages of Emotional Development in Children.
- Tunstall, K. The Less-Refined Mind.



THANKS FOR JOINING US!

Questions? Comments?

Happy Thanksgiving!

Upcoming Workshops:

- Follow up: Emotional Regulation through Story Books.
- Tips on the upcoming Parent Teacher Conferences
- Positive Solutions for Families Workshop series which will begin in January & cover a variety of topics

