



## Emotional Regulation Apps & Resources for Kids 🌟

Helping children develop emotional regulation skills is easier with the right digital tools and expert-backed resources. Explore these **apps, books, and websites** designed to support emotional growth.

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### 📱 Top Emotional Regulation Apps

✓ **The Zones of Regulation App** – Helps kids identify emotions and practice self-regulation strategies.

🔗 [Available on iOS & Android]

✓ **GoNoodle** – Mindfulness, movement breaks, and guided relaxation activities for kids.

🔗 [www.gonoodle.com](http://www.gonoodle.com)

✓ **Breathe, Think, Do (Sesame Street)** – Interactive problem-solving and emotional control for young children.

🔗 [Available on iOS & Android]

✓ **Smiling Mind** – Meditation and breathing exercises designed for children and families.

🔗 [www.smilingmind.com.au](http://www.smilingmind.com.au)

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### 📖 Must-Read Books for Parents

📖 **The Whole-Brain Child** – Dr. Daniel Siegel & Tina Payne Bryson (*Brain-based parenting strategies for emotional development*).

📖 **How to Talk So Kids Will Listen & Listen So Kids Will Talk** – Adele Faber & Elaine Mazlish (*Effective communication techniques*).

📖 **The Explosive Child** – Dr. Ross Greene (*Collaborative problem-solving for emotional regulation*).

📖 **Self-Reg** – Dr. Stuart Shanker (*Helping kids manage stress and emotions effectively*).



## Websites & Online Resources

✓ **Understood.org** – ADHD and learning differences resources.

 [www.understood.org](http://www.understood.org)

✓ **ADDitude Magazine** – ADHD and emotional regulation strategies.

 [www.additudemag.com](http://www.additudemag.com)

✓ **Harvard Center on the Developing Child** – Research-based insights on childhood emotional development.

 [developingchild.harvard.edu](http://developingchild.harvard.edu)

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## Need More Personalized Support?

Book a **free 30-minute consultation** to receive **tailored strategies** for your child's emotional regulation needs!



[Schedule Here](#)

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## Empower • Educate • Elevate

✉ **Contact:** [TrottaLearningSolutions@gmail.com](mailto:TrottaLearningSolutions@gmail.com)

 **Website:** [TrottaLearningSolutions.com](http://TrottaLearningSolutions.com)

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Supporting emotional regulation doesn't have to be overwhelming. Try introducing **one tool today** and see what works best for your child! ❤️

*Warmly,*

*Tom*

