



Emotional Regulation & ADHD: A Parent's Guide

Children with ADHD often experience **big emotions** and struggle with **self-regulation** due to differences in executive function. Understanding these challenges can help parents provide **better support** and set their child up for success.

How ADHD Affects Emotional Regulation

- ✓ **Difficulty with Impulse Control** – Big emotions can lead to outbursts before thinking.
 - ✓ **Struggles with Transitions** – Shifting from one activity to another can feel overwhelming.
 - ✓ **Delayed Self-Soothing Skills** – It may take longer for a child with ADHD to calm down after becoming upset.
 - ✓ **Stronger Emotional Reactions** – Joy, frustration, and disappointment may all feel more intense than expected.
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Co-Regulation: Helping Your Child Before Self-Regulation Develops

Before kids develop strong self-regulation skills, they rely on **co-regulation** with a calm and supportive adult.

- ✓ **Stay Calm** – Your child mirrors your emotional state.
 - ✓ **Validate Their Feelings** – “I see that you’re frustrated. That’s okay.”
 - ✓ **Offer Presence, Not Pressure** – Sit nearby and give them space.
 - ✓ **Model Regulation Strategies** – Take deep breaths together, count to ten, or use a calm-down tool.
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Preventative Strategies: Setting Your Child Up for Success

Proactive strategies help **reduce emotional overwhelm** and make regulation easier.

- ✓ **Use Visual Schedules** – Predictability helps kids feel more in control.
- ✓ **Create a Calm-Down Corner** – Set up a space with fidgets, breathing visuals, and sensory tools.
- ✓ **Teach Emotional Language** – Help your child label emotions with tools like the **Zones of Regulation**.



✓ **Build Movement Breaks into Routines** – Exercise helps with emotional regulation.



In-the-Moment De-escalation Techniques

When emotions run high, try these **quick calming strategies**:

- ✓ **Lower Your Voice Instead of Raising It** – This helps de-escalate the situation.
 - ✓ **Keep Phrases Short & Simple** – “I’m here. We’ll get through this.”
 - ✓ **Redirect to a Calming Tool** – “Would you like your fidget or a drink of water?”
 - ✓ **Give Space If Needed** – Allow time to reset before discussing what happened.
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Need Personalized ADHD Support?

Book a **free 30-minute consultation** to get **tailored strategies** for emotional regulation, behavior support, and ADHD parenting tools.



[Schedule Here](#)

Empower • Educate • Elevate

Emotional regulation is a skill that **develops over time with practice**. By supporting your child with **co-regulation, proactive strategies, and calm responses**, you’re giving them the tools to succeed!



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Which strategy will you focus on today?

Warmly,

Tom