



Weathering the Storm: Tools for Positive Emotional Regulation

In-Service e-Learning

Course Description

This 2-hour eLearning will provide caregivers with strategies and tools to de-escalate behaviour. Focusing on the importance of relationships and recognizing signs that emotions are escalating, this training will identify how to respond to challenging situations using active listening skills. It will also demonstrate how to use de-escalation techniques consistent with policy when situations do escalate. Scenarios will illustrate how to regulate, relate, and reason in a variety of situations to support safety and well-being for the child and the caregiver.

Learning Objectives

- Identify daily strategies to reduce or prevent escalation and promote a stable and supportive environment.
- Describe verbal and non-verbal cues a child or youth is becoming dysregulated.
- Describe how to use communication and active listening skills to help a child or youth to regulate their emotions.
- Use the “3Rs” (Regulate, Relate, Reason) to support regulation, connect with the child or youth, and help them learn from the experience.
- Explain how to respond to a challenging situation, including when to seek support.

Key Messages

- This training will highlight the importance of using active listening and effective communication to respond to challenging situations, helping caregivers to connect with children and youth and support their emotional regulations.
- Caregivers will gain insight on how to effectively respond to challenging situations and know when to seek additional support, ensuring the safety and well-being of everyone involved.

Guided Discussion Questions

- What are some daily practices you can implement to create a stable and supportive environment for children and youth in your home?
- What are some common verbal and non-verbal signs that a child or youth is becoming dysregulated?
- When should you seek additional support, and what resources are available to you in these situations?

Resources

Resource one: Alberta Foster and Kinship Association
303, 9488 – 51 Avenue NW, Edmonton, AB T6E 5A6
(780) 429-9923
Toll Free (within Alberta): 800-667-2372

Resource two: Caregiver Supports Program
Link: <https://afkaonline.ca/programs/caregiver-support-program/>