

Understanding Emotional Regulation in Early Childhood

Abstract

This paper explores the importance of emotional regulation in children aged 2-6 years. It discusses the impact of parental responses, environmental factors, and emotional coaching on early developmental outcomes.

1. Introduction

Emotional regulation refers to a child's ability to manage and respond to emotional experiences. It plays a crucial role in social development, behavior control, and academic readiness.

2. Factors Influencing Emotional Regulation

Key influences include parenting style, attachment security, and exposure to stress. Responsive parenting and emotional coaching can significantly enhance a child's regulatory skills.

3. Conclusion

Supporting children through emotional coaching and positive reinforcement lays a strong foundation for lifelong emotional intelligence and resilience.