



# SUPPORTING PEDIATRIC EMOTIONAL REGULATION

## NATUROPATHIC STRATEGIES FOR SUPPORTING EMOTIONAL REGULATION IN CHILDREN:

**EAT:** Skipping meals or consuming sugary refined carbohydrates can cause a child's blood sugar to fluctuate rapidly, contributing to mood swings, mental fog, and increased hyperactivity. A foundational step in supporting attention and emotional balance is providing steady nourishment throughout the day. Meals and snacks should include high-quality protein, healthy fats (avocado, nuts, or olive oil), fiber-rich vegetables, & whole grains to sustain energy and brain function. Minimizing processed foods, artificial dyes, and excess sugars can reduce behavioral flare-ups and help children feel more stable and grounded all throughout the day.

**PLAY:** Regular movement and unstructured playtime (especially outdoors) helps to support children's brain development, emotional regulation, and attention. When children run, climb, explore, and engage in imaginative play, they're strengthening focus, building coordination, and learning how to manage stress. Nature-based play has the added benefit of calming the nervous system and enhancing sensory processing. Structured movement like sports, dance, or martial arts can further develop body awareness and discipline.

**SLEEP:** Sleep is especially important for children because their brains are rapidly developing. Kids require adequate rest to process new information, regulate emotions, and support growth. Limiting any screen exposure in the evening helps preserve melatonin production. Establishing a consistent bedtime routine (such as dimming the lights or doing some quiet reading) can help support quality sleep.

### **SUMMARY:**

- **EAT** → *Nutritious, wholesome, balanced meals help kids regulate energy and support brain development.*
- **PLAY** → *Imaginative play strengthens the body and mind, helping children manage stress and stay engaged.*
- **SLEEP** → *Restful sleep allows the brain to recharge, supporting mood, learning, and healthy development.*

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