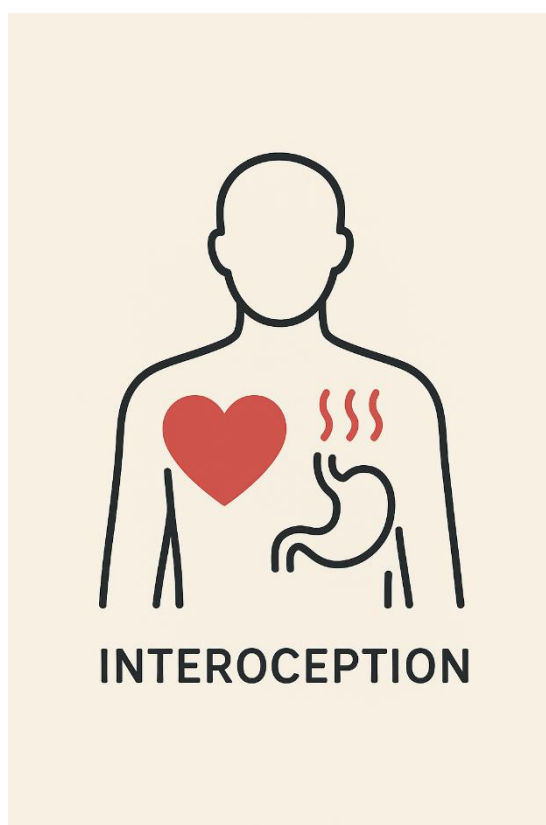




## What Is Interoception? — A Brief Guide for Parents

Interoception is our body’s “internal sense.” It helps us notice and understand signals that come from inside our body — like when we’re hungry, thirsty, tired, need to use the bathroom, or feel excited, scared, or calm.

For young children, developing interoceptive awareness (IA) is an important part of learning self-regulation. Research shows that when people can recognize their body’s signals (“my tummy feels tight — maybe I’m worried” or “my mouth feels dry — I need a drink”), they’re better able to meet their needs and manage big emotions.



You can support your child’s IA by helping them label body sensations throughout the day. For example:

- “Your heart is beating fast — you ran really hard!”
- “Your tummy is rumbling — sounds like you’re hungry.”
- “You look cozy — does your body feel relaxed?”

These small moments build awareness and help children connect their physical feelings with emotions and actions, laying the foundation for healthy self-awareness and emotional regulation. You can also model this to your child, noticing your own body’s signals and verbalising this in front of them.