

Helping Your Child Manage Emotions

1. **Manage your own feelings-** Take deep breaths or excuse yourself for a break to calm down, For instance say “I need to take a 5 minute break and go to the room to calm down”.
2. **Reflect-** Nonjudgmentally notice what you may be experiencing/feeling and how this could be contributing to the issue. This may allow you to reset your expectations or alter your approach to the address the situation.
3. **Empathize-** Take a moment to understand your child’s perspective and what may be causing difficulty for them. Think through what may be going on for your child and causing distress.
4. **Identify the Feeling-** State what you think your child is feeling. Ex. “I am wondering if you are feeling _____.” (Potential feelings: upset/angry/frustrated/sad/lonely/scared/worried).
5. **Cope-** Provide space or suggestions to help your child cope. For example, sometimes hugs are needed, but other times it may be space. You can offer a hug or to take deep breaths together. Each child and each moment are different.
6. **Discuss-** Once your child is calm, you can help them process or resolve the issue through collaboration.