

### **Helping Your Child with 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.

#### **DISCLAIMER**

Information and resources provided on the internet by Harmony in Parenting - A Psychology Center, Inc. does not constitute psychotherapy, a replacement for a therapeutic relationship, or a substitute for mental health or medical care. Please consult your physician or mental health provider regarding advice or support for your health and wellbeing. If you are suicidal, please call your local 24-hour hotline, 911, or emergency services.