

Tips for Parents or Caregivers

ASK your child if they can think of a time when they felt embarrassed, angry, scared, proud, worried, sad, brave, or happy etc.

EXPLAIN to your child how feelings help us and make us more compassionate.

LISTEN to your child and allow them to feel whatever feelings they are having.

HELP your child recognize and understand their emotions.

TEACH them how to express their feelings in an appropriate way.

ENCOURAGE your child express their feelings in a playful way (art, dance, music, acting, etc.)

ROLE MODEL managing emotions. Every time you can express anger or any other emotion in an appropriate way this will be a helpful lesson to your child.

APOLOGIZE to your child when you don't manage your anger in an appropriate way.

PRAISE your child for expressing their feelings. Praise their positive behaviors, choices, or efforts.

PLAY with your child to improve your relationship. The more connected to you they feel, the more likely they are to come to you with their emotions.