

Working with Our Emotions

Just as adults, children have many emotions. While their physical growth is obvious, their brains are also still developing, making managing emotions a skill worth teaching.

Here are a few tips as your child experiences transition.

Acknowledge the emotions they experience while and after they experience them.

Teach the child to recognize and name the emotions they're experiencing.

Provide strategies that give them ownership of their feelings:

- Deep breathing
- Count to calm down
- Singing a familiar song or playing soft music
- Holding a toy to help them regulate
- Large motor actions including running in place or jumping jacks



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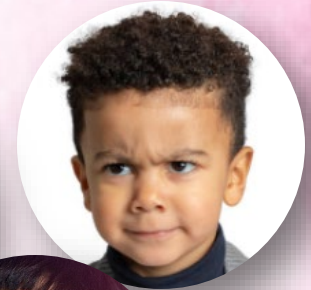
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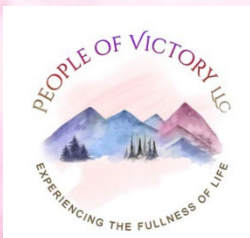
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- Encourage your child to express their emotions.
- Try not to take your child's emotions personally.
- Try to be empathetic.
- Have conversations after – not during – the big emotion.
- When you experience big feelings as an adult, name them for the child and help them to see how you regulate these normal feelings.

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