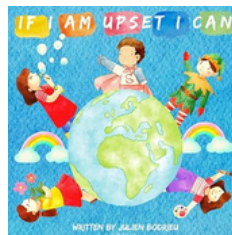
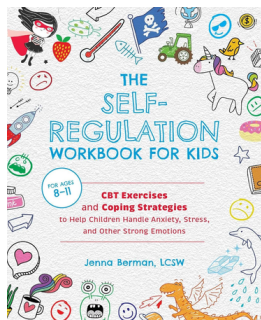


HELPING REGULATE EMOTIONS

IN SCHOOL-AGE CHILDREN

**USE BOOKS, GAMES, AND APPS
TO BUILD REGULATION SKILLS
AND HEALTHY SELF-CARE HABITS**



Available Now for iPhone®, iPad®, iPod touch®, Android™, and Mac®

**MODEL HEALTHY EMOTION
REGULATION STRATEGIES &
ACKNOWLEDGE IF NOT**

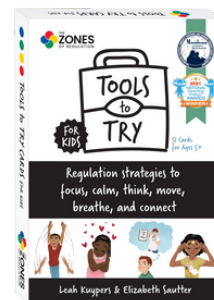
- Notice how you are feeling and share your emotions and experiences with your child (e.g., talking to your aunt about how I was feeling really helped me feel better and less worried)
- Model the coping strategy of “take 5” or “take space” if you are getting upset or the conversation is heating up - this also helps avoid power struggles or arguments with your child
- If you do overreact or say something you regret later, apologize and acknowledge that you overreacted to your child - this is modeling for your child how to do the same in the future!
- Think about Whole Health - Healthy Body, Healthy Mind, Healthy Spirit - take care of your needs (e.g., exercise, eating, social support) so you are best able to take care of your children

VALIDATE YOUR CHILD'S EMOTIONS AND SEPERATE EMOTIONS FROM BEHAVIORS

- **Actively Listen and Pay Attention** - Give your child your full attention, and give verbal and non-verbal cues as they talk (e.g., avoid interrupting, avoid multitasking, make eye contact, nod)
- **Reflect Back and Validate Their Feelings** - Often parents jump right to giving children suggestions for how to “fix” the problem when they are experiencing a negative emotion. However, it is better to first reflect back what they are feeling by paraphrasing their words or describing what you see they are feeling (e.g., that sounds really difficult, it makes sense that you are feeling upset and embarrassed about this) . Acknowledge that their feelings are valid - it's okay for your child to feel that way, even if you don't understand the reason for it. Avoid dismissing or minimizing their feelings.
- **Set Expectations and Guide Behavior** - Every feeling is acceptable, but every behavior is not. Separating the emotion from the behavior can help you validate your child's feelings while still setting clear expectations (e.g., it's okay to be angry, it is not okay to hit your sister). Let them know you are there for them as they decide what they need - problem-solving, comfort, a listening ear while they vent, support with distraction.

ENCOURAGE PROACTIVE COPING & PRACTICE

- Encourage and support your child in developing and using a range of coping skills - the same skill may not work or be possible at home, school, in the car and for every emotion
- Practice using coping skills when calm can make it easier to use when having a strong emotion



Coping Skills Wheel
9 Ways to Handle Big Emotions

