

Parenting Kids with Big Feelings

Big feelings can feel overwhelming for kids and parents alike. When we help kids name and harness their emotions, we show them that they can feel a lot and still be okay, and that we're there to support them through it.



SAY THIS

"Your feelings are really big right now. I'm here with you."

"Something about this feels really important to you."

"It's okay to cry. Let's figure out what your tears are telling us."

INSTEAD OF

"Calm down."

"You're overreacting."

"Stop crying."

Try It Together

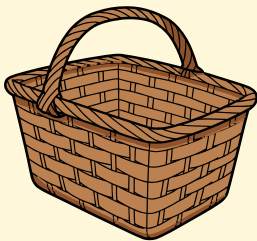
Young kids do best with simple, concrete tools they can see and practice. This activity helps them connect big emotions with safe, doable actions.



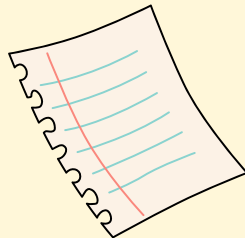
Try It Together: My Feelings Toolbox

Things you'll need

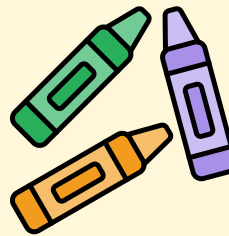
Small Box, Basket, or Bag



Paper



Markers or Crayons



Comfort Items



Name big feelings like mad, sad, scared, or frustrated. Draw simple faces for each feeling.

For each big feeling, choose one simple tool. Draw or write the tool next to the feeling. For example

- Mad → Stomp feet three times
- Sad → Hug a stuffed animal
- Scared → Hold hands and take three slow breaths
- Frustrated → Ask for help

Place any comfort items in the box or accessible area. Explain when their feelings get big, that you can use those tools together. The goal isn't to stop the feeling, but to help your child feel supported while they move through it.

Keep Learning



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by **Dr. Becky Kennedy**

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