

**How to help your child...**



**Manage their Emotions**

**STRATEGIES TO  
HELP CHILDREN  
AT HOME**

Many children need help learning to manage their emotions. The first step is to help children to recognise what they are feeling and when. Only then can they identify this feeling and learn to manage it and express it appropriately.



### **How Parents and Carers can help:**

**Provide stability and consistency.** Children need limits, boundaries and routines to help them know what to expect.

**Try to understand your child's emotions** rather than reacting to them. Make simple statements such as "I can see you are angry because your toy is broken".

**Talk about your own feelings.** Using words to describe your own and other people's feelings will encourage your child to do the same and give them the vocabulary to do it.

Teach children that it is ok to talk about feelings but sometimes it is not ok to act on them. Encourage talking about feelings and share similar experiences you have had.

**Model appropriate expression of feelings.**



Children will also begin to see how you react when you have different emotions. Think about what you do when you are frustrated or worried - your children are likely to model the same behaviour!

**Teach positive self-talk.**

Children who are frustrated or angry might say things like "I can't do it", "I hate you". Don't give attention to these statements but model and encourage positive talk e.g. "Think Happy!", "I can calm myself down."



**Identify situations** and help your children to identify how they would feel, what they could do and what the consequences of different choices might be.

**Praise your child's efforts** to regulate their emotions.



### **Teach the Tiny Turtle Technique\***

- Teach your child to pretend they have a shell like a turtle
- When they feel very emotional they should go into their shell and:
  - Stop
  - Take three deep breaths
  - Say some positive statements
  - Come out when they feel calm.

