

HELPING YOUR CHILD DEAL WITH BIG EMOTIONS

Sometimes, kids have big feelings—especially when it’s time to stop doing something they love. As parents, we might feel frustrated or disrespected when our child doesn’t listen. For the child, being told to stop suddenly can feel upsetting because what they’re doing feels important.



Here are some strategies to help your child understand their feelings and learn how to deal with them in a healthy way.

HAVE A ROUTINE

It’s important to have a routine and build time in so you can move from one activity to another. **Example: “I see you’re having fun playing with your toys! Just remember that 7 o’clock is bath time.”**

⚡ This is especially important if your child has difficulty changing activities.

PAUSE AND CONNECT

Taking time to connect and letting them finish helps them cooperate.

- Approach with patience. Instead of jumping straight to directions, take time to connect first.
- Using a calm tone helps children to feel safe, not scolded

Example:



Looks like you’re having fun!

⚡ By staying calm and curious, you can turn a tough moment into a connected one.

OFFER A CHOICE

- Offering choices allows your child to feel like they have some control
- When children feel heard, they are more likely to cooperate.

Example: “I know it’s hard to stop when you’re so close. Let’s finish this level, then we put the tablet away and get ready together.”



Helping your child with big feelings can be hard, but every calm word and moment of support helps them feel safe and learn how to cope with life’s challenges.

It will teach them how to handle their own big feelings.

Changes in cooperation won’t happen immediately, but the actions described here make cooperation much more likely and refusal to do things less likely over time.

Parenting is challenging - but tiny changes can have a big impact. It takes time, so keep going. YOU are making a difference!