

Be Your Child's Emotions Coach

Here are some ways to help your child manage emotions:

1. Talk and listen
 - Ask questions
 - Be curious about child's point of view
 - Don't judge or interpret
 - Check for understanding
 - Express your point of view without acting like you are smarter
2. Teach and model kindness
3. Be honest
4. Learn to calm your brain
 - We mirror each other's emotions
 - When upset, thinking part of brain slows down
 - Use a brain calming practice once a day for at least 5 minutes
 - Help your child find their brain calming practice
5. Use Positive Discipline
6. Understand who "owns" problems
7. Use "I-Statements" when you own problems
8. Teach your child to problem solve when they own problems
 - Reflect emotion and problem
 - Invite child to brainstorm solutions
 - Invite child to consider outcomes of each solution
 - Invite child to choose solution
 - Make plan to review outcomes

