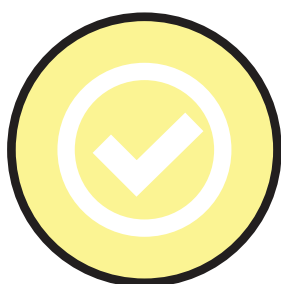


Managing Emotions

Tips for Parents/Carers



Parents and carers play a key role in teaching children the necessary skills to successfully manage their emotions.



Accept and acknowledge your child's emotions.



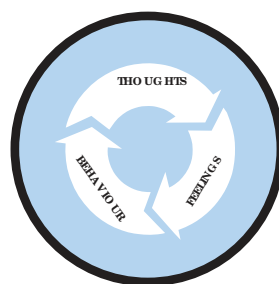
Talk about emotions to help your child understand their feelings.



Help your child put their feelings into words/pictures.



Help your child distinguish between their own and other's feelings.



Help your child separate feelings from actions e.g. "I know you're feeling angry but it's not ok to hit".



Praise your child for staying calm in situations that usually distress them.