

HOW TO HELP YOUR CHILD THROUGH



BIG FEELINGS

01. Remind yourself your child is reacting to their intensities and is not in control of the moment.

It's easy to get swept away in your child's wave of emotion. Remind yourself to regulate your own big emotions and that no learning will occur in this moment. Compassion is key.

02. Find a safe space or way for them to ride their wave.

Pillows provide a safe landing place for a rush of emotion or a great punching bag for moments of anger. Make car rides a safe space where they can yell or express their feelings without judgment.

03. After the big feelings pass, talk to your child about their experience.

While walking, throwing a ball or playing a game, ask your child what triggered the big feelings and ask whether there is a different way they might want to address those big feelings next time.

04. Notice how hard your child is trying - Remember how hard they're working

When your child holds it together, be sure to notice and comment - "I know you had big feelings just then, but I noticed you paused, breathed and moved on."

05. Join a group of like-minded parents of 2e kids to work through shared challenges like:

- a. Loneliness and how it affects you, and your child's behavior and reactions.
- b. Emotion Regulation
- c. Discipline vs. Punishment

To find your peers and get the support you need:

Join us for the next Let's Talk 2e Parent Empowerment Series - starting Feb. 8th! Register at bit.ly/2eparenting