

FEELING EMOTIONS

Children between the ages of 2 and 5 cannot manage their emotions alone. Your role is to allow them to experience and express all of their emotions.



Handling temper tantrums

Stay close, keep calm,
and take them aside if possible.

Name their emotions

"Are you angry because your friend took the toy you wanted?"



Accept your child's emotions without judgment

"What's going on, sweetheart?"

Talk things out when they've calmed down

"What can we do to make you feel better?" "I get angry sometimes too. When I'm mad, I like to listen to music."



Listen to your child

and look them in the eye when they talk to you.



Help them get past their outburst

"Do you want to go back to playing?"

Are words not working? Try giving your child a hug or making one of their stuffed animals talk.

If your child is sulking, it's probably because they don't know how else to respond to the emotion. Be there for them. "I'd like to help you. Come see me when you're ready."

Day to day with your child

Meet their basic needs

When you go out, bring a snack and their blankie.



Help them understand emotions

"The kitty is crying. She's sad."
"What makes you happy?"



Talk about your emotions

"I said a bad word. I was angry because I burned our dinner." "I feel good because I just took a walk in the sunshine."



Keep them active:

Run around outside, do indoor obstacle courses, dance, play ball, etc.

Keep toys on hand to keep them occupied:

Books, action figures, toy cars, etc.



As a parent...

How do I acknowledge my own emotions?



What do I do to feel better?



How do I handle my emotions?