



# Helping Your Child Manage Their Feelings

Your child is learning how to manage their strong feelings in healthy ways, and sometimes they may not express these feelings appropriately (e.g. slamming of doors when they are angry). Consider these ways to guide them to better manage their feelings.



## ✓ Things You Can Do

- 1 Show concern for how they are feeling.
- 2 Try to separate your reaction to your child's feelings from your reaction to their behaviours. Let them know that while you recognise that it is normal to experience intense feelings, not all behaviours (ways of expressing feelings) are acceptable.
- 3 Share how to manage negative feelings by using the **Stop-Think-Do** strategy.

## ○ Things You Can Say

- 1 I know that you are feeling upset. It's okay to feel that way.
- 2 The feeling must have been really intense, to have caused you to shout at and hit your brother. But we can't hurt others, even when we feel really angry.



**Stop**  
Pause before reacting, and do something that will help them to calm down.

I can see that you are feeling upset. Let's take a few deep breaths together.



**Think**  
When your child is calmer, guide them to use the **Recall-Rationalise-Replace** strategy to identify and challenge the thoughts that triggered their uncomfortable feelings.

What made you feel that way? What were you thinking of before you started feeling upset?



**Do**  
Explore constructive ways to respond to the situation.

What is a more useful way of responding to this situation?

**Role model for your child the STOP-THINK-DO strategy as you are the best teacher for your child.**

## ✓ Things You Can Do (for yourself):

- 1 **Stop:** Take some time to calm down before reacting to your child. Utilise your preferred coping strategies, such as taking deep breaths.
- 2 **Think:** When you feel calmer, think about your child's specific behaviour(s) that triggered those feelings in you.
- 3 **Do:** Try to understand what made your child act in the way that they did, and explore how you and your child could react more constructively to a similar situation in the future.

