



Being Aware of Your Own and Your Child's Feelings

We experience a range of feelings on a daily basis. In high-tension situations, your feelings may lead you to do or say something that you do not mean (e.g. shouting, saying unkind words). Recognise and understand your own feelings, so that you can better manage your reactions and avoid responding to your child in a way that can be hurtful.



✔ Things You Can Do

- 1 Take a moment to notice signs that tell you what you are feeling (e.g. sensations in your body).
 - Ask yourself why you might be feeling this way.
- 2 Guide your child to use this method to recognise and understand their own feelings.
 - This is an important first step to help your child express and manage their feelings in appropriate and healthy ways.

Here are some ways to be more aware of your own and your child's feelings:

| 🕒 Tips | 🗣️ Sample Conversations |
|--|---|
| <p>1 Look out for signs that you or your child may be feeling down, anxious or frustrated.</p> | <p>1 I notice you've recently been quieter than usual. Please share with me what's going on.</p> |
| <p>2 Help younger children understand their feelings better by teaching ways to identify and name their feelings.</p> | <p>Sarah and I are not friends anymore. Stop asking me! I don't want to talk about it!</p> <p>2 Oh no, I'm sorry to hear that. How do you feel about it?</p> <p>I don't know.</p> |
| <p>3 Older children go through many changes in a short period of time. They may need space to reflect on their feelings and experiences.</p> | <p>2 How does it feel like in your body?</p> <p>I feel like I'm about to explode. I just feel like crying.</p> |
| <p>4 Let them know that you will be there for them if they want to talk.</p> | <p>2 I can see that you're very upset with this friendship problem with Sarah, perhaps even angry as well. It's natural to experience such mixed feelings because you care about the friendship and 3 you'll probably need some time to think through this. 4 I'll wait for you to be ready to talk about it.</p> |



you've got this!