

# Role Models

## 5 Strategies to help your child manage their emotions

*From our award winning education team*



## 1. Thrive Moments

When your child is having a meltdown, that moment can easily feel like a **'survive'** moment. A **'survive'** moment being one that feels like a complete struggle and for many a parenting low moment.

Instead, try seeing it as a **'thrive'** moment, a **'thrive'** moment is when we use a situation (even those ones that feel tricky and uncomfortable) to help our child grow and learn from the experience. We can use the moment to model and show our child how to manage their emotions.

Thrive moments are crucial for your child to apply and practice these skills. Use these moments to teach your child about their feelings and take an emotion coaching approach, try saying:

*"You sound upset and angry. I get angry too sometimes. How does it feel in your body?"*

*"Use the moment to model and show"*

By embracing the moment rather than fearing it, you can help your child learn to name and recognise their emotions, this is an important first step in them becoming emotionally aware. By naming their feelings effectively gives them the vocabulary to then communicate to others how they feel. It's also a great opportunity to demonstrate that all feelings are ok, even the uncomfortable ones.

*"Demonstrate that all feelings are ok, even the uncomfortable ones."*

## 2. Empathetic responses

When your child shows a big emotion such as anger or frustration, or has a 'meltdown', try and remember to respond rather than react.

When we react straight away, we are often triggered by our own emotions. Responding is when we pause and take time to reflect and try to understand why our child is exhibiting this behaviour or emotional outburst. If we think about what we crave when we as adults have a big emotion, or when we feel disappointed or angry about something, it's usually for our partner or friend to listen, understand and validate our feeling, rather than to fix or rationalise the situation.

Likewise, we can provide this empathetic response to our child by saying

"I know it's hard to leave when you're having fun"

"I can see this is really hard for you, I'm here to help if you need me"



Here are a few examples:

**Situation:** Your child refuses to leave the park and has an emotional outburst;

**Example response:** *"I know it's hard to leave when you're having fun..."*

**Situation:** Your child loses the match or the game they are playing;

**Example response:** *"You really wanted to win. I can see this is hard for you. I'm here to help if you need me"*

# 3. Staying out of judgment

Parenting expert Janet Lansbury says, "Our perception of our children's behaviour will always dictate our response".

*If we are irritated and triggered by our child's outburst it is likely that we will meet it with frustration, anger and exasperation. This isn't always easy to step away from when we live such busy lives. However, when we feel triggered it is important that we stop and breathe, even for 10 seconds to ensure we respond without judgement where possible.*

## 4. Remain Assertive

If the ideal is to remain respectful and understanding, how do we also assert boundaries and say no? We can do this by recognising the feeling but still staying firm on our decision. This might sound like:

*"It's ok to feel angry, it's not ok to hit your brother"*

or

*"I'm sorry that this doesn't seem fair, I can see you're angry at the decision I've made"*



**REMEMBER HIGH EMOTIONS & MELTDOWNS ARE NOT A SIGN OF POOR PARENTING**

# 5. Reasoning won't always work

When your child is experiencing a big emotion they are likely to have stress hormones rushing around their body. They are highly unlikely to be able to engage the part of their brain which will enable them to think rationally.

Knowing this, try taking the approach of saying what you see and repeating back what your child expresses to you. This might sound like;

*"You feel really cross with me for turning the TV off"*  
or

*"You're feeling like you really don't want to go to school today"*

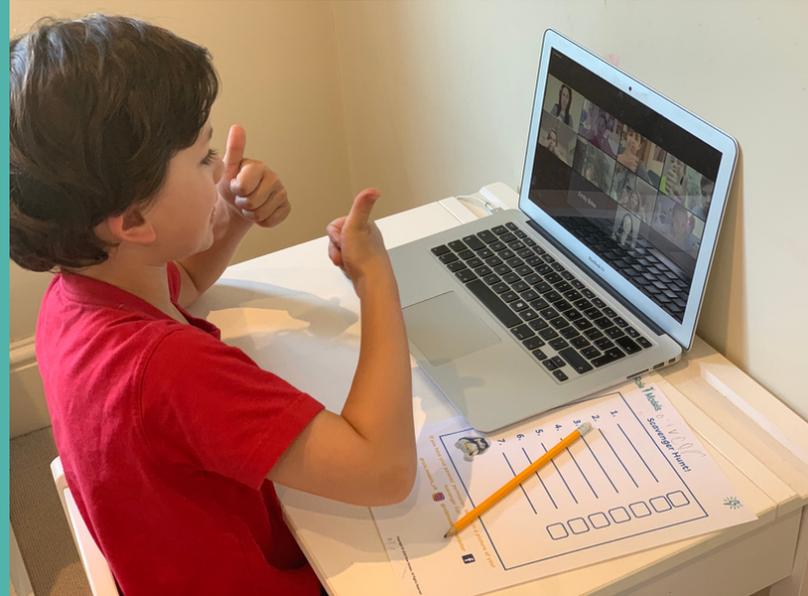


Finally, it's important to remember that high emotions and meltdowns are not a sign of poor parenting.

We should always remind ourselves that toddlers, young children and even teens are still developing the part of their brain that allows for measured, rational thinking and emotional regulation.

However, it is important to recognise that if your child is struggling with managing their emotions, **now is the time to take action!**

Investing in support for them now will provide them with a lifelong toolkit to fall back on in their future.



Book a free consultancy call with our education team, where we can unpack your quiz results and answer any questions you have on how to implement these 5 strategies

[BOOK A CALL](#)