

1. Name That Feeling

- Identify your feelings and help your child identify theirs
- Use words like frustrated, annoyed, content, worried, stressed, excited..
- Talk about how feelings affect your body and what you can do , " I feel so angry I could explode,,,but I am going to take some deep breaths and take a break"

2. Model Managing Emotions

- Pause before you act
- Take a deep breath
- Acknowledge you are upset and need to calm down
- Find a calm down spot in your house

3. Make Your Child Wait....Just a Little

- Many things are instantaneous with technology
- Let your child wait a few minutes if you are occupied, but reassure them you will give them attention when you can

4. Think Out Loud

- Show your child how you make plans for things and persist to get them done
- Talk about how you break down the steps when you are doing something new or working on a project like cooking, planning a party, playing a game
- Show your child how you manage feeling discouraged sometimes and keep your eye on your goal

5. Empathy

- Show understanding of others, talk about what it might be like to be in "someone else's shoes."

6. Affirm

- "I understand you feel frustrated, tell me what's going on vs "Stop getting so frustrated"



7. Listen

-Active listening validates their feelings, ability to communicate, and your relationship

8. Make Time Daily

- Talk one-on-one with your child about their day
- "What was the best part of your day?" "What was the Hardest Part?"

9. Problem Solve Together

- What's the problem?
- How do you feel about it?
- What are some solutions?
- What might be the consequences of using each of these solutions?
- Which solutions might be the best to try?
- Try one and see how it works!
- If it doesn't solve the problem, try another solution.

10. Choices and Chores

- Chores help build self-esteem and gratitude, "you're part of the family, we need your help"
- Choices help avoid power struggles and teach decision making skills

<http://www.parenttoolkit.com/>

<http://www.d181.org/resources/selas/index.aspx>