

6 Steps to Help Your Child Work Through Big Feelings

AT HOME · IN THE STORE · ANYWHERE



1 Approach calmly

1 Breathe first. Crouch to their level. Your calm is contagious.



2 Acknowledge feelings

2 "You're really upset and that makes sense." Name it before fixing it.



3 Ask what happened

3 "Can you tell me what happened?" Listen without taking sides.



4 Restate the problem

4 "You wanted the red bowl and we only had blue. That felt unfair."



5 Let them solve it

5 "What can we do about this?" Wait. Trust them. Their solution sticks.



6 Follow up and celebrate

6 "You figured that out. That was real teamwork." Mean it.