

# Emotions can be shared!

We have emotions all the time, but they are not always easy to live with!

Here are some tips for talking about emotions and recognize them with serenity:



## TAKE THE TIME...

1. Take a deep breath before reacting to an emotion. If possible, isolate yourself with your child and put yourself at your child's level (seat in front of him). Stay calm and speak in a clear, kind voice. Take the time to decode the emotion so you can better adjust your reaction.

2. Take time to name and discuss emotions. When possible, choose a quiet environment (ex. your child's bedroom or a place where your child feels safe).

3. Normalize the emotions present (examples: "It's OK to feel sad when...", "It's normal to be angry") without trivializing what your child is feeling.

4. Accept the emotions felt. Remember that in times of crisis your child needs the help of an adult to calm down and above all, needs your kindness. Fighting emotions can be exhausting! Instead, you can use them and work with them.

5. Ask yourself how, as a parent, you can help your child manage emotions and foster a secure attachment in your child. Help your child make sense of what he is going through and be gentle and kind to your own emotions.

Talking about emotions is showing a lot of compassion so that your child feels safe above all else.

REMEMBER TO...laugh, play and enjoy the simple little things in life; seek to be grateful for the people and things around you; choose to be adventurous and try new things! Decide to have a slower pace, especially when you are with your children and enjoy the beautiful moments together!



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