



## **Supporting your Child Through their Big Emotions**

1. Stay Calm. Your child needs to see someone remaining in control and keeping them safe.
2. Recognize the Triggers. Is your child hungry, tired, over-stimulated, feeling a loss of control or trying to communicate?
3. Check your expectations for your child's behaviour. Bring snacks, books, or calming activities help when you may be expecting a lot of your child.
4. Keep to a routine as much as possible. There is very little your child can control in their lives and when the routine changes they feel out of control.
5. Resist over-scheduling. Your young child needs to have plenty of free time and consistent, predictable patterns in their daily activities.
6. Allow your child to safely feel their feelings - give them space, a pillow to hit, time to work through their feelings with you there to keep them safe.
7. Validate and label your child's feelings, "I see you feel really frustrated that you can't stay longer with your friend."
8. Be available both physically and psychologically for a cuddle and hug after your child has released their emotions.