



Feelings

Situation: Your child has become very emotional. The sadness has him/her in racking sobs so hard she/he can barely breathe, or her/his happiness is so intense it takes your breath away!

Solution:

Your Feeling Face shows me that you are feeling sad/ mad/ glad.

Mirror your own face with the similar emotion. This helps the child be able to name their emotions. Next, ask, “Why are you feeling mad/ sad/ glad?” Really pay attention and listen to what the child is telling you.

Often times kids simply need someone to hear them out, to be able to express what they are feeling and get validated that it’s okay to feel that way. If your child seems to be more balanced after talking, simply end conversation with “I can understand how that would make you mad/sad/glad. Thank you for sharing your feeling with me.” And redirect child to another activity.

If that is not enough, then ask the child to come up with a solution to his/her problem or situation. Children even as young as three years old are much smarter than we give them credit for and usually able to offer good solutions. Work out the solution with your child and then follow through. And when you are having a feelings moment, use your words to describe your feeling face too! Say “I feel ___ because ___.”

After all, it’s good for us to express our feelings too!

(If your child is on the autism spectrum or has difficulty with emotions, using a Feeling Face chart can help identify the feelings. Have child point to Feeling Face pick out the emotion they are feeling.)