



Emotional Tips:

Acknowledge your child's emotions - anger, frustration, happiness, gratefulness, joy, pain, love

Share your emotions - explain during different situations how you feel

Ask emotive questions - 'how does this make you feel?'

Personal safe space to understand ones emotions
understand where your child's safe space is when emotionally distress and allow them to spend time there alone and then you join them

Offer to listen to your child share there emotions
'I am always here to listen to you and help you'

Want to know how to do this effectively?
Contact me to find out more.

