

- **Be consistent.** Clear and consistent rules and regular routines help your child know what to expect and help them feel secure. Feeling secure at home and at school can help them deal with an unpredictable world outside the home and school.
- **Accept your child's emotions.** When we teach children that their emotions are valid, we help them understand what they feel is normal and manageable. Avoid using words like, "Don't be sad" instead say "I see that you're sad. Can you tell me what happened?"
- **Talk about your feelings, and encourage your child to talk, too.** When you talk about your feelings, you're modeling the language that you want your child to use. This will help your child learn to use words to express how they are feeling.
- **Model emotional regulation.** Showing your children the behavior you'd like from them gives them a way to see how to do it. So, it is important to stay calm when your child's emotions escalate. Think about how you handle your emotions. Do you regulate your emotions in the way you'd like to see your child handle theirs? Your child is learning to navigate their emotions and will probably imitate your behavior. Remember, modeling is the best way to teach your child how to react appropriately.
- **Teach your child appropriate ways to express negative feelings.** Teach your child that all feelings are okay, but there are different ways to express different feelings. Teach them that it is never appropriate to hurt others, hurt themselves or destroy property. Teach positive strategies to use like deep breathing and counting to calm down.
- **Praise your child's effort to control his emotions.** Be sure to praise your child for handling his emotions without losing control of his behavior. Everyone likes to know when they have done something good. Praising your child will help them change how they handle their emotions.