

Managing Feelings

Top Tips

- ❖ name emotions as your child experiences them, “I can see that you are cross”
- ❖ Explain emotions -“I think you feel upset because”
- ❖ Label your emotions as they happen – “I felt really happy when.....”
- ❖ talking about what each emotions face or action might look like
- ❖ Have fun making emotions faces in the mirror

Sing “happy and you know it” adding verses –

If you’re angry and you know it stamp your feet

If you’re sad and you know it say boo hoo

If you’re scared and you know it shudder and shake

Managing Behaviour

Top Tips .

- ❖ Praise the behaviour – rather than saying good boy or well done – say good listening, good helping. Naming the desired behaviour helps the child to recognise what they did well.
- ❖ Be clear on what you want your child to do – not all children have grasped the concept that the word not/don’t changes a sentence – so when they hear don’t run what they actually hear is run. Try stating what you want your child to do such as:
Walk please
Sit down please
- ❖ Follow the 10 second rule - give children time to process what you have asked them to do, count to 10 slowly in your head to allow them to respond to your request.
- ❖ Offer choices as often as you can – such as would you like to put your cars or your books away first?
- ❖ Model the kind of behaviour you want your child to follow – children learn by copying your examples and actions.