

Turn those NOs into YESes!

When your child is having big emotions,
you can help your child feel safe to manage them.

Consider CALMING messages such as the ones below
that show acceptance, empathy, caring, support, validation, understanding,
and respect, and help your child feel seen, heard, connected, and valued.

This feeling will go away.

You are safe.

Other kids feel this way sometimes too.

This is hard.

Let me hold you.

How about a hug?

I am here for you.

I'm right here.

You are not alone.

I'll help you.

We can get through this together.

I'll help you handle this.

It's ok to let out your big feelings.

How you feel right now
won't last forever.

I hear your big voice.

I see your big feelings.

Looks like you don't like _____.

Hearing "No" can be really hard.

When something doesn't
turn out the way you want,
it can be really hard.

Not knowing what to do
can be really hard.

Feeling embarrassed can be really hard.

Having your work messed up
can feel really hard.

Not knowing an answer
can be really hard.

When a friend has a different idea
for playing, it can be really hard.

This is not what you expected.

It's hard right now.

It's really hard when something
doesn't feel fair.

This feeling will pass soon.

I'll stay right here with you.

I'll give you space.

I care about how you're feeling.

Your feelings matter.

I'm listening.

Nobody would like being hurt.

Nobody likes being yelled at.

When someone doesn't listen to
your words, it doesn't feel good.

Turn those NOs into YESes!

When your child is having big emotions,
you can help your child feel safe to manage them.

When your child is ready, you can bring the thinking brain online
by asking questions such as:

What does your thought bubble say?

What part should we talk about first?

Remember when...?

Remember when you made it through _ _ _ _

How can I help?

Do you want to tell me about it?

Can you think of a calming strategy that will help?

Can you think of something positive about this situation?

Can you think of a way to turn these feelings into something that feels good?

Ready to talk about it?

Can you figure out what message your emotions are sending you?

Can you tell me what happened?

I wonder if...?

I wonder what...?

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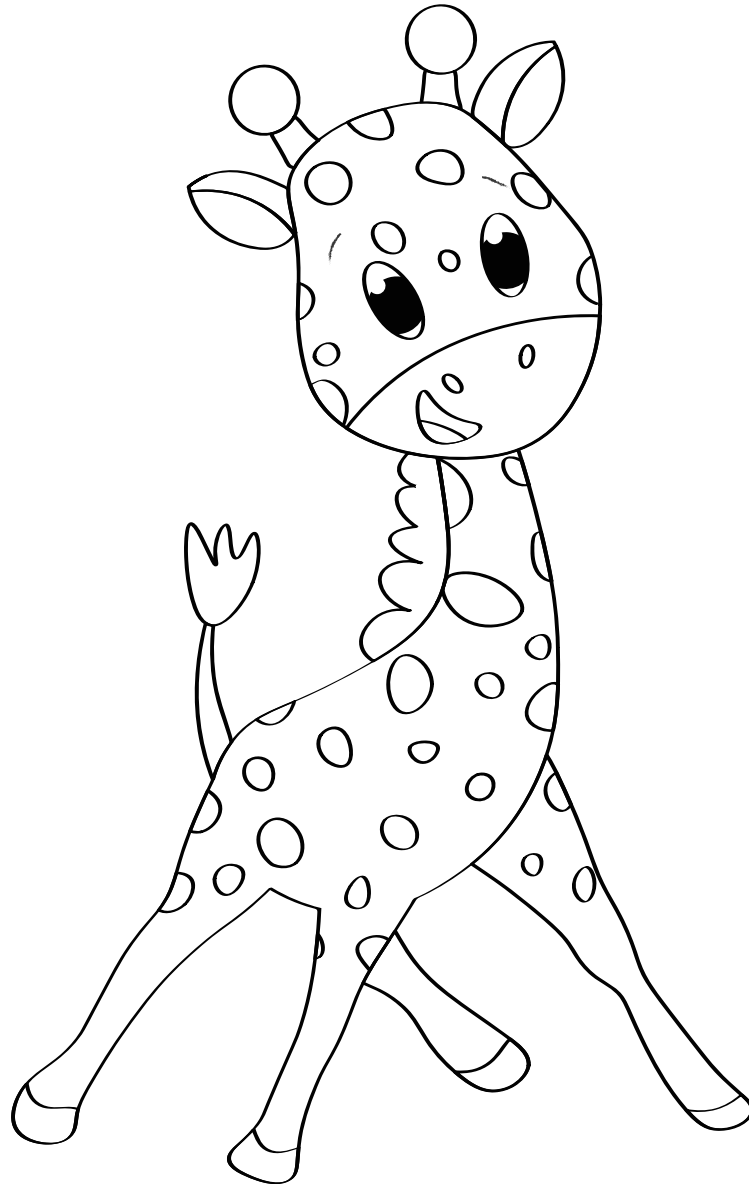
Create BALANCE in your child's day by being mindful of these things
in your child's daily schedule:

- Active play that generates laughter
- Physical activity
- Physical needs (sleep, hunger, potty, diet)
- Time in nature
- One-on-one connection time
- Routines
- Consistent limits
- Play, play, play
- Slow and simple
- Guidance to process big emotions and learn from them

Many of the CALMING messages and the BALANCE suggestions
also apply to you and will make it easier for you to co-regulate with
your child and model emotional regulation.

Kito Learns to Solve a Problem

Print out the coloring page.



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Step by step drawing.
Follow the steps for drawing Kito.

