



## Helping Children with Feelings

- Listen attentively.
- Identify what they are feelings.
- Let them know you are listening.
- Grant them their wishes in the realm of make believe.
- Share your similar experiences and feelings.

### Feeling Words

\*Disappointed

\*Lonely

\*Happy

\*Angry

\*Embarrassed

\*Dissatisfied

\*Sad

\*Discouraged

\*Scared

\*Excited

\*Satisfied

\*Confused



## Steps Toward Helping Your Child Change

1. **GET CLEAR WHERE YOU STAND**  
The more certain you are about the things you expect and don't expect from your child, the less power he has to upset you.
2. **REMAIN CALM AND CONFIDENT**  
It is important for stressed parents to find a way to act and react with some degree of calmness so they can show their children that they are both in charge and involved, not hysterical or scary.
3. **ASSES THE SITUATION**  
Determine what is occurring with the child, yourself, if there are some basics needs that have not been met, and other factors which could have an influence on this behavior.
4. **DEVELOP A PLAN OF ACTION**  
Decide the most effective way of dealing with the behavior, which is unacceptable to you. Develop a specific plan in anticipation of the problem behavior. This will avoid parents reacting to the episode when it arises.
5. **BEGIN IMPLEMENTING YOUR PLAN**  
Be sure your spouse supports you in your plan so there is no chance of child putting one parent against the other.
6. **EXALUATION AND REVISION**  
It is important to evaluate the effectiveness of your technique and revise it or develop a new one if needed. Don't be afraid to experiment with new approaches if the one you are using in not working.
7. **OBTAIN SUPPORT FROM OTHER ADULTS**  
The ongoing support of other adults who live with or care for your child is important since it provides you with emotional support, feedback and mutual planning on how to deal with major issues.