

What Builds Emotional Safety...

And What Quietly Breaks It.

Builds Emotional Safety



Consistency

Predictable responses and routines



Repair

Reconnecting after conflict

Listening

Feelings are acknowledged



Clear boundaries

Firm, calm limits



Warm tone

Correction without shame

Quietly Breaks It



Mocking

Making fun of of emotions.

Silent treatment

Withdrawal instead of repair



Explosive reaction

Yelling or intimidation

Dismissing feelings

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Inconsistency

Unpredictable reactions

Children remember how
you made them feel.

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