

MANAGE MY EMOTIONS PARENT'S GUIDE

Parents, guardians, and teachers can use this guide for the best outcomes.

THANKS!

I have spent much of my career managing the effects of lifelong challenges experienced by men, women, and children of all ages. Caring for our children is a difficult task but is critical to their long-term success and happiness. I appreciate your willingness to support the children in your life today as we work together to build a better future.

USING MANAGE MY EMOTIONS FOR KIDS

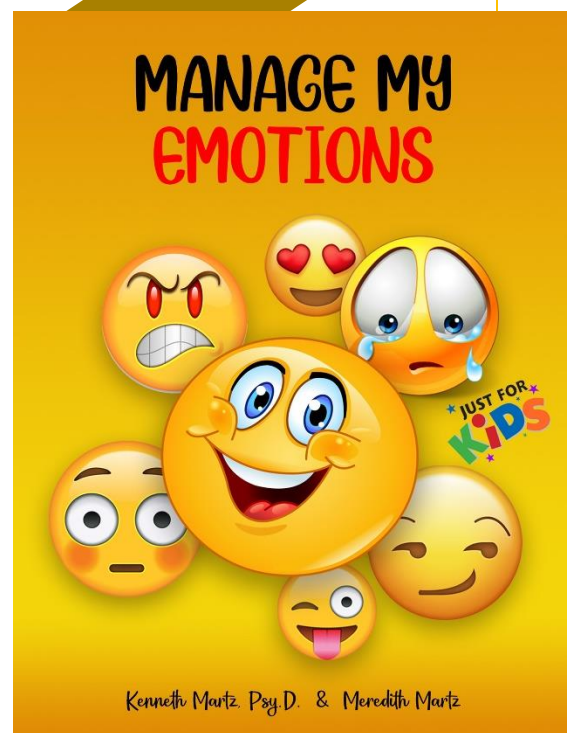
- ☐ Alignment: The children's edition is closely aligned to the adult edition. You can read the corresponding chapter in the adult edition for additional information for almost every page and topic.
- ☐ Reading: Consider reading the book together as a conversation starter or allowing the child to read alone.
- ☐ Use everyday experiences to apply and reinforce the lessons in the book.
- ☐ Practice: Repeat often to Practice, Practice, Practice. See tips below for ideas.

GENERAL PRINCIPLES

- ☐ Role model emotional balance, with our words and actions.
- ☐ Emotions work together. So, if you are concerned about one emotion, consider the others as well (for example, sometimes anger covers feelings of fear or hurt).
- ☐ Consider the emotional, behavioral, physical, mental, and spiritual needs of my child.
- ☐ Talk to my child, communicate that it is "safe" to share their challenges with you.
- ☐ Help my child to express emotions in their preferred "language". Some individuals may connect better through writing (journal), art, physical exercises, social games, or rituals. Whatever form or forms work best with them for expression, use that form.

SPECIFIC TOOLS AND PRACTICES

- ☐ Practice awareness. We cannot change things without awareness of them.
 - Awareness includes labeling emotion and consciousness of physical sensations that we label as an emotion. This step is more advanced, but as you practice helping your loved one identify the emotion, you can also invite a description of how it feels, for example, in their head, heart, or belly.
- ☐ Practice labeling emotions. The full-page children's edition of the emotional circle can be printed and used to reinforce awareness of emotions. See also the adult edition of the emotional circle for more emotional choices.



- ☐ Practice breathing exercises. Simple observation of breathing is a great first step toward a mindful meditation practice. As a rule of thumb, if you move toward a meditation practice, meditate for no more than 2 minutes per year of the child's age.
- ☐ Practice by using games when possible, to be engaging. These games allow you to encourage by participating. For example, the gratitude game (taking turns calling out things we are grateful for).
- ☐ Practice listening and reflecting the emotion to help your loved one learn to identify emotions and feel understood. For example. "Aww, that's sad," "Sounds frustrating," or "Wow, you must feel really proud."
- ☐ Practice solution-focused thinking by using strength-based goal-based language and questions:
 - How would you like it to be? What is the best outcome?
 - What skills do you have to help with that?
 - What is one small thing you can do today to get closer to that outcome?
 - What would help that [emotion] to feel better?
 - What is the growth/learning opportunity in this situation?
- ☐ Practice, Practice, Practice. The more we practice, the easier it is and the more skillful we become. See also the Practice Builder Handout.

FOUR THINGS TO REMEMBER

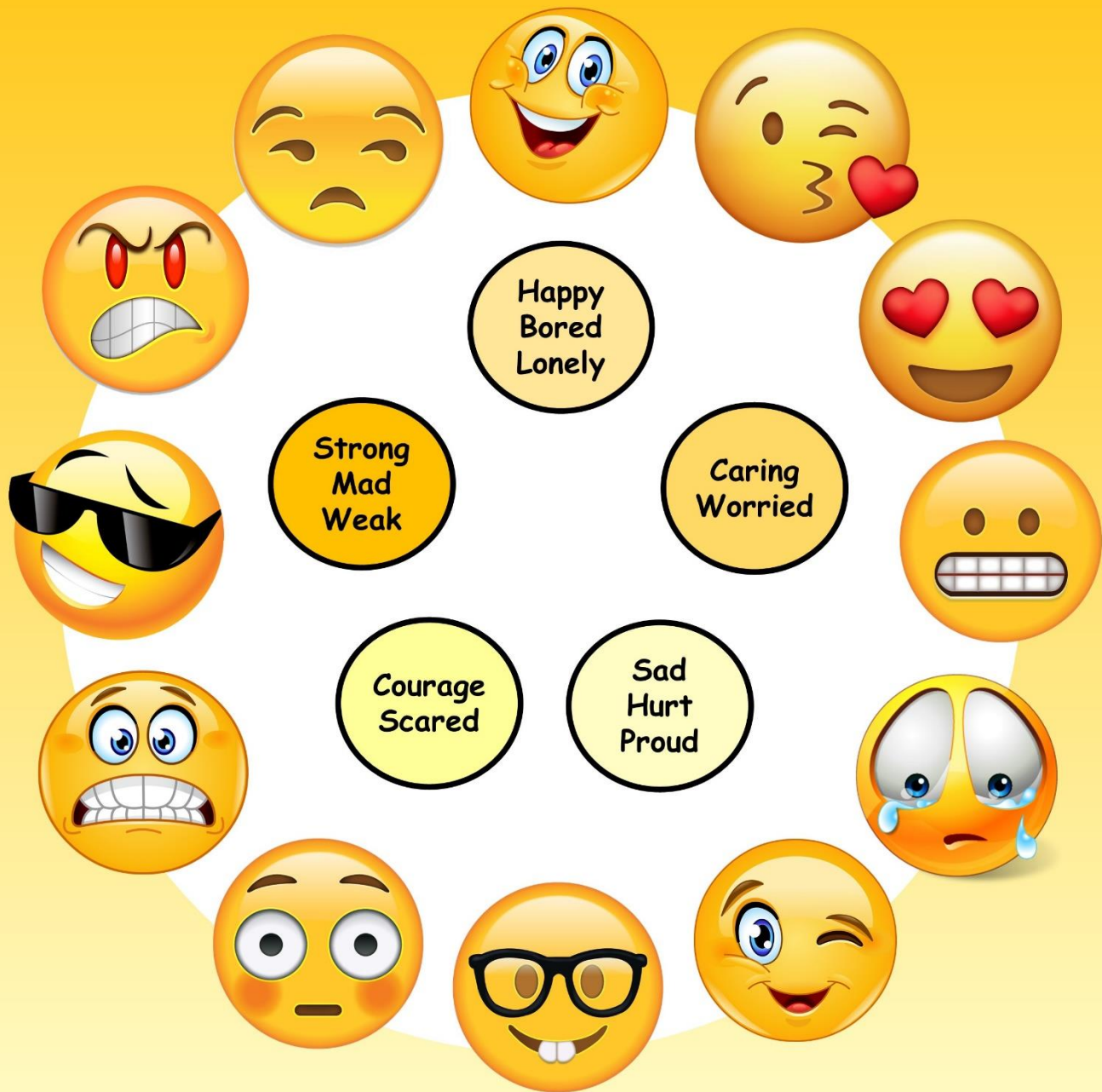
- ☐ Remember that parenting and emotional skill development is a process, not an event. Allow yourself and your child to be a beginner and to grow with perseverance over time.
- ☐ Remember that children are resilient. Mistakes are more easily corrected since they have not been practiced for decades.
- ☐ Remember that patterns set today can become a lifelong success. Small good habits started today can build a lifelong worldview.
- ☐ Remember that wherever you are, start here now. Let go of any guilt or mistakes of your own past, and begin to learn and practice new skills today.

OTHER RESOURCES TO EXPLORE

- ☐ See also the Manage My Emotions text, and Manage My Emotions Journal. The more you understand these principles, the better you can support your loved one. It can be found on Amazon at <https://www.amazon.com/gp/product/B08Q4KR1XL>
- ☐ The SAMHSA Store has hundreds of titles on various issues, including physical health, mental health, substance use, medications, and more. You can use the sorting features to find the proper age range or topic at <https://store.samhsa.gov/>
- ☐ SAMSHA has additional tools for talking with your children about alcohol and drugs. Free tools include videos, posters, and interactive exercises on speaking with our children. Their campaign "Talk, They Hear You" can be found at <https://www.samhsa.gov/underage-drinking>
- ☐ Know that you are not alone. Connect with friends, counselors, pastors, parenting support groups, and other organizations such as the National Charity League, Boy/Girl Scouts that provide connections and support for ongoing effective parenting skills.

Awareness

What am I feeling right now?
(It is often more than one.)



Reminders of My Strength

**Remember and Repeat
These Words Often**

I am Strong

I am Friendly

I am Helpful

I am Worthy

I am Loved

I am Enough

My Mistakes Help Me Grow

The World Is a Safe Place

I Get Better Every Single Day

