



SUPPORTING EMOTIONS

Actively label your emotions during the day and explain how they show themselves and why you feel them.

ADULT: "I feel excited today, you can tell because I'm speaking quickly with a high pitch. I'm excited because we're going to the zoo and I think you will enjoy it too"

It is important to do this with both positive emotions and those emotions that are perceived to be negative- after all we all feel them!

ADULT: "I feel a bit irritated you can tell from my tone of voice and my face. I've already asked very politely for you to tidy up your bedroom. You haven't done as I've asked and that makes me feel irritated"

Label your child's emotions as you see them. Describe how you can tell they feel this way, if you suspect you know why they feel this way acknowledge that too.

ADULT: "You feel excited. You've been looking forward to your dinner, I can tell because you have a smile on your face and you're already at the table!"

ADULT: "I have explained why we can't do that today, I understand that this makes you feel cross, I can tell that you feel cross because you are grinding your teeth and your eyebrows have come together, you feel cross."