

Help Your Child Manage Their Emotions



At times, our children may have trouble expressing themselves and this can evoke all kinds of emotions in them. As parents, we can learn to help our children work through their emotions better.

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I am angry because he took my toy



Tips when your child expresses troubling emotions

- Stay calm and find out the triggers that might be causing their behaviour.
- Teach them 'emotion' words. Help them identify and express the emotions that they are feeling.
- Listen and offer praise when they try to describe their feelings and triggers.

Helping our child to manage their emotions better

- Create a safe environment for them to open up. Establish trust and care. Spend time and engage with them.
- Give immediate feedback about their behaviour and be generous with praise when they do something right.

Play is a great way for children to learn. Here are some fun play ideas!



Use this emotions activity sheet to guide your child in learning more about their emotions.



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Parent Hub
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