

# HELPING CHILDREN WITH THEIR FEELINGS

Parent Workshop

Friend to Friend Program



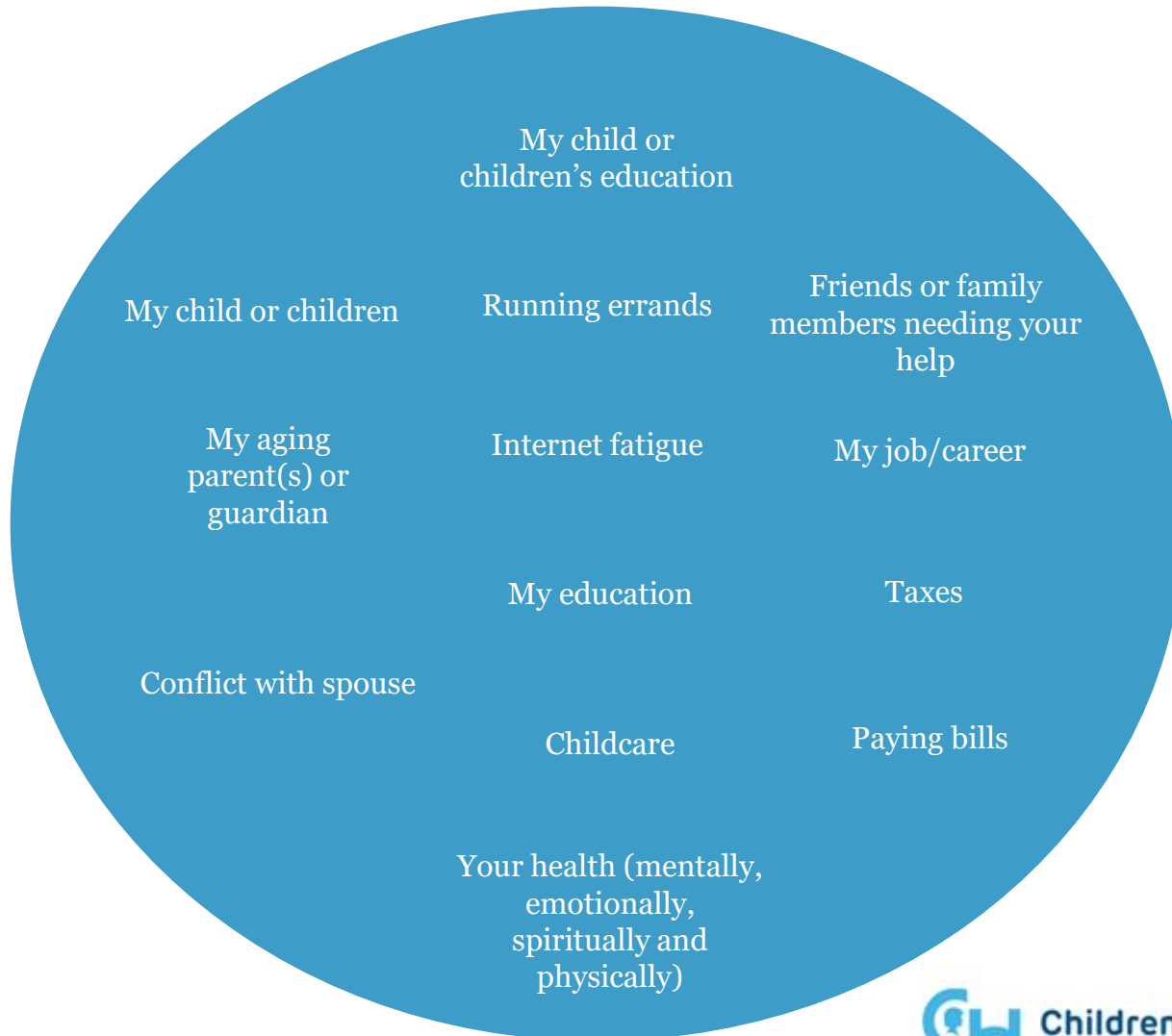
# TODAY'S WORKSHOP

- My Plate Activity
- Emotion Regulation
- Role of Parents
- Why We Should Practice Mindfulness
- Teaching Children to Calm Down
- Strategies to Practice with Your Child

# MY PLATE ACTIVITY

- For this “My Plate” activity, please write down all the things that you currently have on your plate. The plates can have anything on it - it can include smaller tasks such as cooking dinner or washing dishes to larger tasks such as taking care of an aging parent or spouse.
- Please fill it up as much as you can.

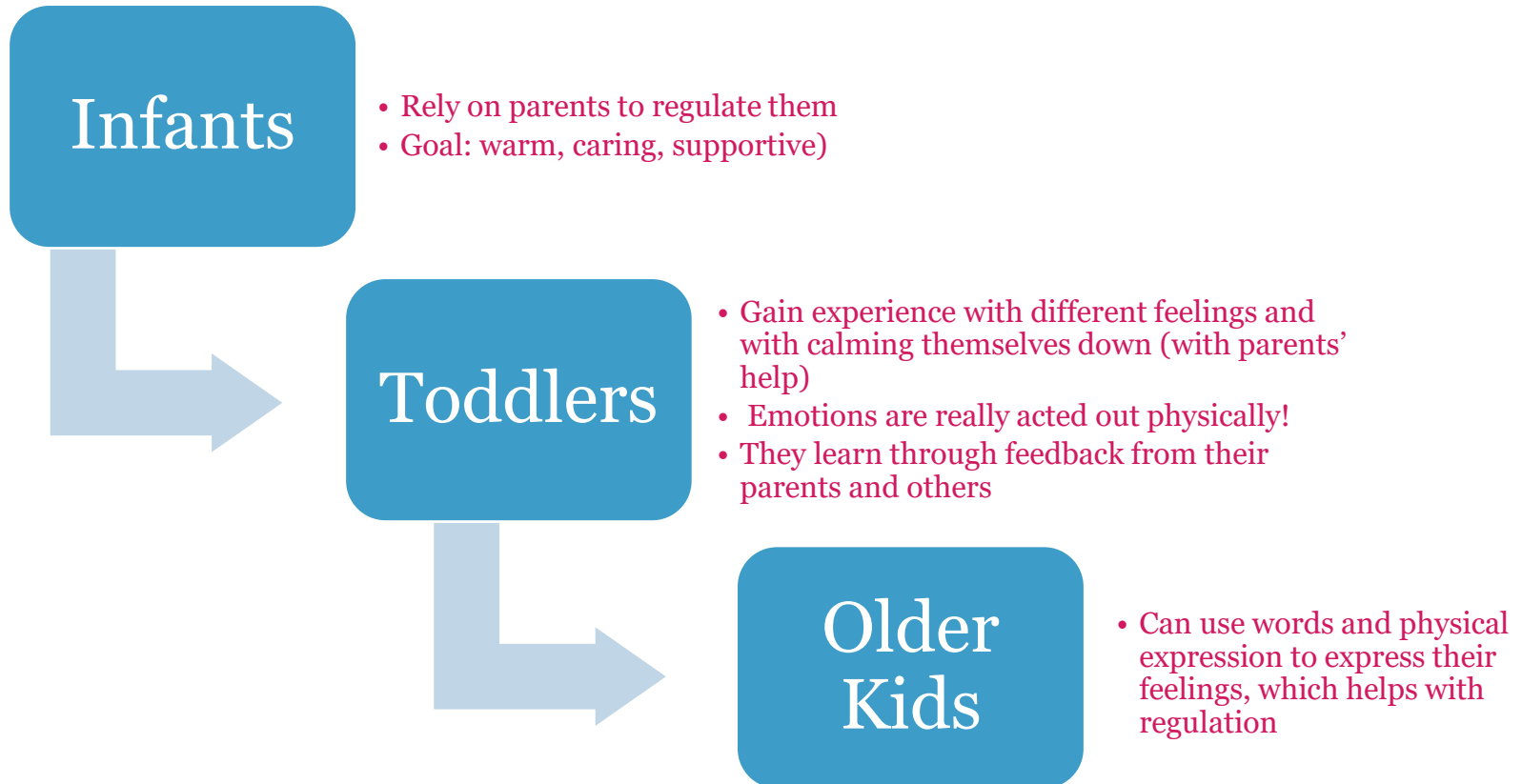
# MY PLATE EXAMPLE



# EMOTION REGULATION

- Ability to manage emotions in a manner that is socially acceptable and personally beneficial
- Example: When your child is having a meltdown and you feel angry, instead of yelling at them regulate your emotions and speak to them calmly about how he or she could react to the situation rather than having a meltdown.
- It is something you already do!

# EMOTION REGULATION IN CHILD DEVELOPMENT



# ROLE OF PARENTS

- **Comforting** – calming your child when he or she is experiencing stress
- **Listening** – actively listening to your child when he or she is describing a situation that causes him or her anger or sadness
- **Modeling** – remaining calm helps in making your child feel calm in stressful situations
- **Labeling** – explicitly identifying what your child is feeling





# WHY SHOULD WE ALL PRACTICE MINDFULNESS?

- Helps you be more aware of you own feelings, thoughts and bodily sensations
- Helps you become more aware of your child's thoughts, feelings and needs
- Helps you to be less critical or judgmental of yourself and your child
- Increases your ability to stand back from situations without responding immediately or inappropriately
- Gives you more choices in how you respond to your child;
- Strengthens the relationship between yourself and your child





# TEACHING CHILDREN TO CALM DOWN

- **Give** – give kids a few minutes to experience their feeling and name it.
- **Don't** – don't talk right away because they may not hear you.
- **Do** – do model calm, when you are calm it helps your child calm down (mirroring). Do remember that developing emotion regulation takes time.
- **Don't** – don't tell them what they're feeling is wrong (behavior may be “wrong”) but their feelings are valid. Don't get angry at them just because they're angry at YOU!

# MINDFULNESS STRATEGIES TO PRACTICE WITH YOUR CHILD

- Deep breaths
- Counting down from 10
- Self-talk
- Wrap in a hug or blanket
- Squeeze a pillow or stuffed animal
- Pace back and forth
- Drink water or a warm beverage



# CONCLUSION

- Acceptance of children's emotions leads to long-term emotional health
- Parents' good habits, such as staying calm, will have long-term payoff
- This is hard work! Take care of yourself so you have the emotional resources
- Each parent can set a personal goal based on what we talked about today!

# LEARN MORE

For additional information about Friend to Friend or to access more bullying prevention resources, please visit [violence.chop.edu](https://violence.chop.edu)

**CH** Children's Hospital of Philadelphia  
Center for Violence Prevention

ABOUT CVP RESEARCH AND PROGRAMS TRAUMA-INFORMED CARE TYPES OF VIOLENCE EDUCATIONAL RESOURCES

### SUPPORTING SAFE, STRONG YOUTH

Explore our research and programs.

- Bullying Prevention
- Assault Injury Prevention
- Suicide Prevention
- Intimate Partner Violence Prevention
- Gun Safety
- Affiliated Programs

#### OUR MISSION

The mission of our Center is to reduce the exposure to and impact of violence among children, teens, and families. We conduct community-focused research and design innovative, evidence-based programs that are implemented, disseminated and sustained across clinical, school and neighborhood settings. Our work is trauma-informed and rooted in racial equity and social justice.