

Parenting Pointers

6 tips to support your child's emotional growth



Give Praise

- Giving praise helps your child feel understood and recognizes their own emotions.
- Compliment what you like about how your child is playing, sharing, or communicating.
- Be as specific as possible.
- Mix it up with “Thank you for__” and “I appreciate you ___.”



Special Time

- **Special time** is also known as **ONE on ONE** time.
- Setting aside this time with your child is the key to strengthening your relationship with them.
- Schedule **10-15 minutes** of special time, at least 3 times per week.
- Allow your **child to lead this time**, let them pick the activity.
- **Give praise** and ignore unwanted behavior.

Validate

- To **validate** means to understand someone's experience, thoughts, feelings, and emotions by accepting them as real and true.
- All emotions are OKAY.
- “I see you, I hear you” can be so powerful in validating your child's emotions. By validating your child's emotions, they feel understood and can recognize their own feelings.
- Doing this first will help them be calmer, listen, and problem solve.
- Example: “I see you're upset about losing the game, you have been trying so hard and it didn't go how you hoped.”

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Pick Your Battles

- Avoid power struggles.
- Consider ignoring behaviors that don't break a rule.
- Note: children may increase unwanted behaviors at first, but it will decrease once they realize they are not gaining attention for unwanted behaviors.
- Behaviors to ignore: arguing after a limit is set, complaining, rude comments/tone, interrupting, outfit choice, messy room.

Set Clear Expectations

- Help shape behaviors by discussing clear expectations **WITH** your child.
- Help your child understand what you expect of them and consequences for not following those expectations.
- Have a conversation **WITH** your child, when you are both calm, to establish expectations and consequences.
 - When selecting consequences, take away privileges for short periods of time.
 - Example: losing screen privileges for a few hours instead of multiple days. This gives your child a reason to stay motivated and improve behavior.

Self Care

- Taking care of yourself can help you to use these strategies.
- We see the parents we work with doing the best they can to support their child's health. It's important to manage your emotions to best support your child.
- It can help to journal your thoughts and feelings, reflect on things you are grateful for, and practice mindfulness to engage your senses.

Which one of these tips could you start using this week?



Transforming
Mental Health

Resources for Caregivers



Books

The Whole Brain Child
by Daniel J. Siegel, M.D.
The Power of Showing Up
by Daniel J. Siegel, M.D.
Growing Up Brave
by Donna B. Pincus, Ph.D.

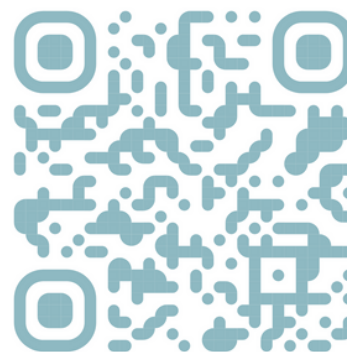
Websites

childmind.org
nationalparentyouthhelpline.org
nowmattersnow.org
up2sd.org

Youtube Channels

Brighten Up! Kids
gozenonline
GoNoodle
headspace
Mental Health Center Kids

Scan Us!



Apps

Breathe, Think, Do with Sesame
Joon
Mindshift
Saluna