

## Managing Feelings

### Top Tips

- ❖ name emotions as your child experiences them, “I can see that you are cross”
- ❖ Explain emotions -“I think you feel upset because .....”
- ❖ Label your emotions as they happen – “I felt really happy when.....”
- ❖ talking about what each emotions face or action might look like
- ❖ Have fun making emotions faces in the mirror

Sing “happy and you know it” adding verses –

If you’re angry and you know it stamp your feet

If you’re sad and you know it say boo hoo

If you’re scared and you know it shudder and shake

## Managing Behaviour

### Top Tips .

- ❖ Praise the behaviour – rather than saying good boy or well done – say good listening, good helping. Naming the desired behaviour helps the child to recognise what they did well.
- ❖ Be clear on what you want your child to do – not all children have grasped the concept that the word not/don’t changes a sentence – so when they hear don’t run what they actually hear is run. Try stating what you want your child to do such as:
  - Walk please
  - Sit down please
- ❖ Follow the 10 second rule - give children time to process what you have asked them to do, count to 10 slowly in your head to allow them to respond to your request.
- ❖ Offer choices as often as you can – such as would you like to put your cars or your books away first?
- ❖ Model the kind of behaviour you want your child to follow – children learn by copying your examples and actions.