

It's A Jungle Out There!

Finding Different Ways to Nurture Your Child's Feelings

If you want your child to learn how to handle her feelings, discuss the feelings with her and teach her how to deal with the situation that caused them.

If your child feels mad or sad, try this:

- Find out why she feels mad or sad.
- Be understanding. Recognize the possibility that she could feel this way by saying, "I might feel the same way if I were in your situation."
- Help her identify her feelings. Say "sounds like you feel..."
- Listen, listen, listen!
- Be curious. Ask questions like "tell me more" or "how could you handle that next time?"
- Teach children that ALL feelings are ok and it's the actions we do based on our feelings that can be right or wrong.

