

Parenting #4 Self-Control & Emotions

Key Concepts and Exercises

Validation: Recognize and label you child's feelings. Saying "I know it's really disappointing that TV time is over" can go a long way. **Exercise:** For 3 days, try to notice and label 3 emotions for your child throughout the day. Practice labeling their feelings, both good and bad.

Naming and Changing Feelings: You can recognize your child's hard feelings and help them move on by talking about it, turning it into an appropriate action, and redirecting them with something else.

Matching Emotions with Behaviors: Learning how emotions can impact our behavior is important. Create a color system to match emotions with behaviors. For example, green means happy, blue means sad, yellow means mildly upset, and red means angry. **Exercise:** When you read a book with your child, use the color system to ask them how they think the character is feeling based on their facial expressions and behaviors.

Positive Parenting - Change in Plans

