

Parenting Tips
from
COMMUNITY PARENTING SERVICE
6a Penrith Place
BALGA WA 6061
Phone : 9440 0011
Fax : 9440 0761
Opening times : Monday to Friday 12noon to 4pm

Emotions – Understanding children’s non-verbal actions

When your child is upset it is important not to tell them what their problem is. It is much better to ask and child and maybe help him or her to figure out how they feel by suggesting feelings such as ‘I guess you are feeling sad?’ or ‘it seems you are feeling angry?’ etc.

Behaviour is a message of how your child is feeling and some clues on how to help your child express his or her emotions appropriately are:-

- ❖ Separating feelings from behaviour eg. ‘it’s ok to be angry but it’s not ok to hit’.
- ❖ Talking about your own feelings can help normalise emotions and encourage your child to open up about how he or she feels.
- ❖ Explain to your child that what he or she is feeling is ok and nothing to be ashamed of. Avoid telling them what or how they should or shouldn’t feel.
- ❖ Help your child find constructive ways of dealing with their emotions. Lots of energetic outdoor activity is a great release for children.

Even if your child’s emotion does not seem to match situation it is important to accept and understand that the feeling is your child’s and should be respected. Feelings ‘talked’ out are less likely to be ‘acted’ out.

We invite you to visit our Centre to ‘check out’ the wide range of information that we have available for you to browse or borrow