

Helping Kids Understand Feelings

Showing your kids how to name, understand and manage emotions.



When you help your children understand feelings, they feel safe and valued and develop the confidence to solve their own problems. You may even spend less time managing misbehavior. Children who learn how to express and manage their emotions often do better in school and have stronger friendships. These “social and emotional competence skills” also shape how they treat others and deal with challenges as adults.

Helping Kids Understand Feelings can look like...



Teaching kids to share



Encouraging kids to solve problems



Listening when kids express their emotions

Tips to Try

- **Tell** your child how *you* are feeling
- **Talk** about your child's feelings
- **Show** your child how you manage strong feelings appropriately
- **Respect** others' feelings, including your child's
- **Anticipate** when your child may get upset and help them to prepare



Parenting as Children Grow

Learning to support your child's growth at every age and stage.



Being a great parent doesn't come naturally. The truth is that every family learns as they go. Gaining knowledge of parenting and child development can help you set realistic expectations, encourage positive behaviors and feel prepared for new challenges as children grow.

Parenting as Children Grow can look like...



Trying different strategies for managing behavior



Looking for parenting information, tools and ideas



Knowing how to nurture kids as they grow

Tips to Try

Places to go for information and support:

- Family Resource Centers
- Community Centers
- Libraries
- Physicians or nurses
- Childcare providers
- Behavioral health providers or counselors
- 211 Information or Referral

What to look for:

- Be a critical consumer. You know your child's needs best.
- Examine the approach of parenting advice, information or programming. Will it help solve your challenge?
- Getting advice from family and friends can be helpful, but remember that advice often comes from personal experience rather than an in-depth knowledge of child development.



Connecting with Others

Building a network of people who care about you and your family.



A lot of parents feel too busy or too overwhelmed stay connected to the people and activities that bring their life balance, let alone make new friends. However, building a network of social connections is worth the extra effort. Talking things over with trusted friends or family can help you recharge and see problems in a new way. Feeling valued and understood, and knowing you can turn to others for advice or a helping hand can help you to be a happier and more confident parent.

Connecting with Others can look like...



Trying something new to make new friends



Surrounding kids with supportive, caring adults



Turning off your devices when it's time to connect

Tips to Try

Places to Connect With Others:

- Libraries
- Gyms
- Family Resource Centers
- Children's Activities
- Schools
- Parent education classes
- Community Centers
- Park Districts
- Zoos or museums
- Volunteering



Building Inner Strength

Keeping it together – and even growing stronger – during times of stress.



Raising a family is stressful, but staying strong and flexible when things get tough can help you guide your family through challenges. Nurturing your own inner strength builds parental resilience. Parental resilience allows you to manage your feelings, solve problems with a clear head, take care of yourself and shelter your children, even when things are difficult.

Inner Strength can look like...



Taking a breath or counting to 10 before you react



Taking time to recharge



Staying flexible when things don't go as planned

Tips to Try

- Build in “me time”. Start with something small and simple like grocery shopping alone or a short walk with a friend.
- Feeling overwhelmed and unable to think of something that will fit into your busy life is not unusual. You are not alone.
- Remember that people need and enjoy different things. Some like relaxing activities; others new challenges. Find what works for you.
- Don't give up. Ask for help or ideas from a friend.



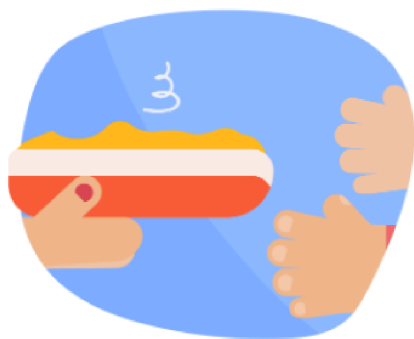
Knowing How to Find Help

Seeking support in times of need and knowing how to accept help when it's offered.



Sooner or later, every family needs help. Although asking isn't always easy, recognizing your family's needs and reaching out to others for support is a sign of strength. Advocating for your family can increase your self-confidence and your ability to be persistent. Knowing how to accept help when it is offered demonstrates courage and resourcefulness to your children.

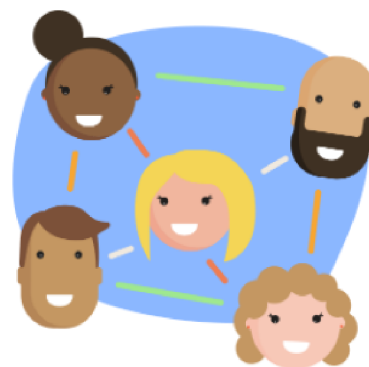
Knowing How to Find Help can mean...



Taking help when it's offered



Searching for the resources you need



Advocating for your family

Tips to Try

How to Ask For Help:

- Watch what others are doing and where they are going.
- Listen when others are talking about resources that you might need.
- Ask. Be persistent. Keep trying.

What to Ask:

- Be clear about what you need.
- Be reasonable. Make certain that you're asking the person who has the ability or resource to give.
- Be courteous, but firm.

Who to Ask:

- Friends and relatives are a good source of help.
- Acquaintances can provide equally important support.
- Professionals provide yet another type of assistance.



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