



Parents Can Help Their Children Handle Strong Feelings

Parents and children are especially tuned into each other's feelings through specialized cells in the brain. By managing your own feelings, you can help your child handle his or her feelings.

When you feel stressed, S.T.O.P.

Stop.

Take a short break, no matter what you're doing.

Take a breath.

Feel your own breath going in and out.
Breathing helps you to feel calmer.

Observe.

Notice what is happening, for good or bad,
inside you or outside. Just notice it.

Proceed.

Now continue with whatever you were doing
before you took this short break.

When you feel calmer, you are better able to help your child. And you also show your child a way that he or she can calm down.

