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The Parenting Expert

Parenting Made Easy System

**iCAN CONFIDENCE PARENTING COURSE
FOR KIDS AGED 7-13**

**DAY 5: HELPING YOUR CHILD TO HANDLE
THEIR FEELINGS AND EMOTIONS**

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In a nutshell – In this session, We will be looking at how you can help your child to handle their feelings and emotions, as well as what lies behind them. And we'll look at heaps of ways you can help effectively ...

Welcome back!

Meeting Children's Emotional Needs

Successful parents are able to recognise many of their child's behaviours that are specifically related to one or more emotional needs. So let's look at each emotional need in turn, and consider how you can help your child to meet it.

Attention

I need you to enter into my world and show interest in me

Stopping what you're doing to do what they want to do

Acceptance

I need you to accept me, just for who I am

Don't insist that everything about them be like you- or anyone else

Appreciation

I need you to praise me, not just for what I do but also for who I am

"I just want you to know I really appreciate you."

"I love your friendliness, helpfulness, humour, enthusiasm etc"

Encouragement

I need you to recognise when I'm discouraged and help keep me going

"You're doing really well! You can make it! I believe in you!"

"I really appreciate it when you help me put the dishes in the dishwasher"

Affection

I need you to show me your love through physical touch and affirming words

Sitting them on your knee, giving hugs, cuddles and telling them that you love them

Respect

I need you to ask for and respect my opinion

"Where shall we go for a treat on Saturday?"

"Thanks for telling me that, I really value your opinion."

Support

I need you to come alongside when I need help

"Looks like you're really struggling with that. How can I help?" I'll be here and support you while you work it out.

Comfort

When I'm hurting I need you to listen to how I'm feeling and comfort me

"Sound's like you've had a really difficult day. Tell me what happened."

Approval

When I've done what is right, I need you to commend me

"Well done for owning up, I'm really proud of you for doing that."

Security

I need you to be there for me, no matter what.

Now it's your turn!

Taking each emotion in turn, make a list of the things you could do each time you recognise that your child needs your help or support.

When he is seeking attention, I could:

When she just wants to feel accepted, I could:

When he is looking for praise and appreciation, I could:

I could encourage her by:

I could show him affection by:

I could show her respect by:

When he needs support, I could:

When she is hurt or upset, I could comfort her by:

I could demonstrate my approval by:

I could make him feel safe and secure by:

QUICK TIPS

Children need to have their feelings accepted and respected.

- Always listen without interrupting and pay special attention to what your child is saying.
- Acknowledge their feelings with a simple imprecise expression like:

“Oh...Mmmm....I see.” Or “That sounds frustrating!”
- Make your child’s wish come true in a daydream:
“I wish I could make the rain disappear for you!”
- Always accept all their feelings but point out and insist that certain actions are totally unacceptable.
“I can really tell how angry you are with your sister but tell her in words. Don’t hit her.”

What Children Really Need

RELATIONSHIPS- Kids need to be loved and to belong.

TIME + ATTENTION- Kids need to feel good about themselves

OPPORTUNITIES- Kids need to feel that they are good at something

BOUNDARIES- Kids need to feel secure



A Quick Recap

- We have learned about the ten most common emotional needs that your child has from day to day.
- We have identified simple things that you can say and do to help your child to handle their emotions.

Next time ...

We will be looking at ways you can learn to communicate effectively with your child ...

See you then!



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BBC
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