

HOW TO SUPPORT YOUR CHILD'S SOCIAL & EMOTIONAL WELL BEING

ACTION #2: HELP YOUR CHILD TO UNDERSTAND & EXPRESS THEIR FEELINGS

Birth-5 Years	6-10 Years	11-15 Years	16-18 Years	19-24 Years
<ul style="list-style-type: none"> Name your own feelings in front of your child - remember your feeling should match your face. Help your child by giving their feelings a name... "You look happy, you have a big smile..." "You look mad, you are frowning..." Tell your child that all feelings are ok – it's how we react to them matters e.g. "It's ok to be angry, let's try to solve this with words not hitting." Tell your child you love them frequently throughout the day. Show your love with cuddles & hugs as often as you can. Make time to play something together each day. Playing together gives reassurance and connection. Read stories with feelings words in them. E.g. Mr Men series. Ask your local library for suggestions about books. 	<ul style="list-style-type: none"> Help your child by giving their feelings a name day-to-day. "You're disappointed it's not your turn..." "I know you're frustrated that it's hard to do X..." Tell your child that all feelings are ok – it's how we react to them matters e.g. "It's ok to be angry, let's try to solve this with words". Tell your child you love them frequently throughout the day. Show your love with cuddles & hugs as often as you can. Make time to play something together each day. Spending time together gives space to connect – and then talking will come. Read stories with feeling words in them. 	<ul style="list-style-type: none"> Help your child by giving their feelings a name day-to-day. "You're disappointed that you didn't get selected..." "You're proud that your efforts paid off..." "I know you're frustrated that she doesn't seem to listen..." Tell your child that all feelings are ok – it's how we react to them matters e.g. "It's ok to be angry, let's try to solve this together". Do something together. Spending time together gives space to connect – and then talking will come. When either/both of you are angry, suggest you both take 5 mins break to calm down – then both of you can listen better when calm. Tell your child you love them every day. Show your love with offers of hugs. Respond when they are looking for hugs. 	<ul style="list-style-type: none"> Acknowledge your child's feelings as you observe them - and offer a listening ear. "You seem disappointed, do you want to talk about it?" Tell your child that all feelings are ok – it's how we react to them matters e.g. "It's ok to be angry, let's try to solve this together." Do something together. Spending time together gives space to connect – and then talking will come. Help them to explore what helps them when they have difficult feelings. Tell your child you love them every day. Show your love with offers of hugs. Be available and responsive when they might need hugs. 	<ul style="list-style-type: none"> Acknowledge your child's feelings as you observe them – and offer a listening ear Ask open ended questions. How are you feeling? And listen to the answer. Do something together. Spending time together gives space to connect – and then talking will come. Help them to explore what helps them when they have difficult feelings. Tell them you love them regularly. Show your love with offers of hugs. Be available and responsive when they might need hugs.



Some helpful websites include:

- www.parenting24seven.ie
- www.helpmykidslearn.ie