



## **5 ways to partner with your kids to meet their needs, especially when they are feeling big emotions:**

1. **Have conversation about all kinds of feelings - those that feel good and those that don't - normal and regular.** It's important kids know that all feelings are normal and we need to feel them and talk about them to understand the need beneath the feelings.
2. **Be a student of your own social and emotional intelligence, including self-awareness and self-management.** Notice how you feel and behave in situations that trigger different emotions for you. Pay attention to how you respond to those emotions and ask yourself if that is the way you want to manage your emotions.
3. **Be a role model.** Share how you're feeling and process it out loud, in front of your kids. You might say, "I feel really frustrated right now. I'm going to take a break or pause and take a deep breath to calm down so I can think more clearly and make good choices about what I'm going to do with my frustration."
4. **When your kids talk to you, treat it like a gift and give them all your attention.** Put your devices away, look in their eyes and listen - really listen - with your ears and your heart. Respond to what you hear with phrases like, "Thank you for sharing that with me," and "That sounds like it feels really bad," and "Tell me more," and "How can I help?"
5. **Partner with your kiddos to identify and meet their needs.** It is important your goal is NOT to "fix" your child but rather partner to understand the need beneath the feeling and find ways to work WITH them to get their needs met (not do it for them).