

# 4 Emotional Regulation Strategies for Parents



## Validate Feelings

**Express an understanding of how your kids feel.** Respond with empathy and list 3 reasons why they are feeling that emotion.



## Role Model

**Kids follow their parents' or caregivers' lead.** Practice healthy coping skills like deep breathing, mindfulness activities or relaxation strategies.



## Delayed Reactions

**Encourage kids to pause before they react** in order to settle emotions. In a calm state, healthy coping skills are better supported.



## Label Emotions

**Use feeling wheels to help kids express and understand emotions.** Ask them to point to the emotion on the wheel so they may learn to label their feelings.

## Crisis Supports

- Here 24/7 at 1-844-437-3247
- Kids Help Phone at 1-800-668-6868
- Text CONNECT to 686868

## Supporting yourself or a loved one

If you are a youth or parent/caregiver supporting a loved one, call Lutherwood's Front Door at: 519-749-2932 Monday to Friday 8:30 am – 4:30 pm.