

SOCIAL EMOTIONAL DEVELOPMENT

When your child is having a tough time,
you might get stressed, too. . . **AND THAT'S OKAY!**



Parents don't always need to have it "all together". It can be hard when your child is stressed or unhappy. Sometimes it is a good idea to focus on yourself first. Finding calm can help your child relax, and teach them to manage their own stress.



SO WHAT CAN YOU DO?

- Practice taking a "temperature check". This is a quick check-in with yourself. Notice how you are managing a stressful moment.
- Modeling a "temperature check" can help your child learn to regulate their own emotions during a tough time.

- Make sure to take some time for yourself. Just a few minutes can make a big difference!
- Try taking deep breaths. Search online to find some helpful breathing exercise videos.
- Get involved in your school. Talk to other parents for support.
- Seek therapy if you feel open to it.
- Move your body- do some dancing, yoga, walking.
- Notice your thoughts and try to say positive things too yourself. Talk to yourself as if you are talking to a good friend. Practice using positive affirmations.

