Help Your Child Navigate Emotions & Transitions

+ Name your child’s feelings: “You seem frustrated. You might be confused about what is going on.”
+ Use language to tell your child what is coming: “In two minutes, we’ll clean up our toys and run an errand.”

Model Managing Your Own Emotions

+ Name your feelings aloud: “I’m feeling really bummed we can’t...”
+ Show healthy ways of coping: “I’m going to take deep breaths because I’m feeling frustrated.”
+ Care for yourself by moving your body, saying ‘no’ to unnecessary commitments and spending time with people who encourage you.

Make a Routine with Your Child

+ Read a book together each night before bedtime.
+ Put your child down for a nap in the same way each day.
+ Check the weather together each morning when you wake up.

Follow Your Child’s Lead & Delight in Play

+ Join in an activity with your child and mirror what they do.
+ Get down on their level.
+ Praise your child.
+ Enjoy your child: “I just love spending time with you.”
+ Smile and laugh with your child.