

Helping Children Cope With Strong Emotions

Jana Habrock

Director of Prevention Services & KidSquad Coordinator

Child Saving Institute

Omaha, NE

The Facts About Strong Emotions

1. Emotions and the behavior around emotions has meaning.
2. Children need adult support to recognize and understand emotions in themselves and others.
3. The process of calming down when upset requires lots of practice.
 4. Stress impacts response.
5. Child respond to CONNECTION !



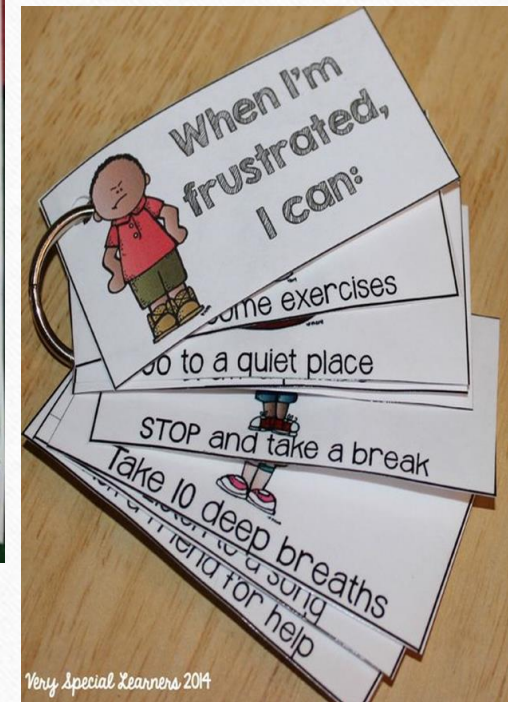
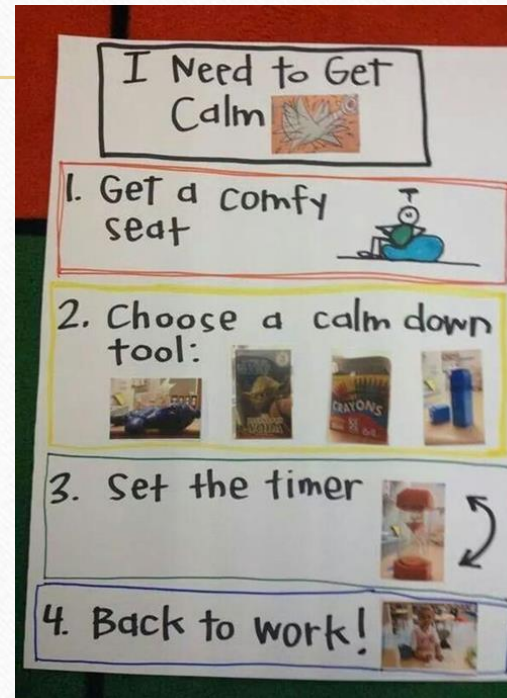
Recognize & Respond



- Emotion books and visuals
- Labeling your own emotions throughout the day
- Notice and label children's emotions during the day
- Talk about how people might feel in different situations
- Label and define feelings for children when they don't have the words to express

Supporting Self Regulation

- Over & over attentively respond to needs (practice);
- Teach body signals;
- Teach skills for children to appropriately get needs met;
- Provide structure and predictability;
- Anticipate transitions and announce changes to routines;
- Offer strategies to restore regulation;
- Set clear expectations and immediately redirect inappropriate behavior;
- Have your own self-care practices (you can't fill from an empty cup)



Jana Habrock
jhabrock@childsaving.org

