

DID YOU KNOW CHILDREN FEEL THE SAME EMOTIONS ADULTS DO?

▶ Children can also feel:



Jealousy



Frustration



Sadness



Anger

▶ They cannot express what they feel with words, and their feelings may come out as behaviour. Sometimes being “naughty” might actually mean:

“I need to feel safe”

“I need to feel loved”

“I need your help”

WHY CHILDREN STRUGGLE WITH BIG FEELINGS?

▶ Everyday stress can be tough for kids, like:



Starting school



Losing a pet



Hearing scary news

▶ When overwhelmed, children may go into fight-or-flight mode, which can show up in their behaviour.

SIGNS YOUR CHILD MIGHT BE STRUGGLING



Frequent tantrums



Saying “no” a lot



Language delays



Losing a pet



Getting sick often



Struggles with adults



Troubling-making friends



Needing control



Low self-esteem



Playing or exploring less

WHAT CAN PARENTS OR CARERS DO?

- ➡ **Understand the behaviour:** Big behaviours usually mean big feelings. Try to see what's behind the behaviour.
- ➡ **Help your child name feelings:** Naming emotions helps children understand them.
 - “It sounds like you are sad, is that right?”
 - “Do you feel angry?”
- ➡ **Be present:** Spend time together. Play, draw, or do fun activities. Ask your child to draw what makes them happy or sad.
- ➡ **Validate their feelings:** Let them know:
 - It's okay to feel sad.
 - It's okay to feel angry.
 - Everyone has these feelings.
- ➡ **Coregulate together:** Children learn calm from your calm. Try the following:
 - ➡ Give them a big bear hug
 - ➡ Speak gently and softly
 - ➡ Take slow breaths together
- ➡ **Teach calming skills:** Try the following:
 - ➡ Deep breathing exercises
 - ➡ Counting slowly
 - ➡ Taking a break when upset
- ➡ **Take care of yourself:** Your wellbeing affects your child. Be kind to yourself too.

WHEN TO SEEK HELP

If these strategies don't help, or your child's behaviour is affecting daily life, please:



Reach out for professional support



Talk with your GP

Every behaviour is a message.
**Children are not “bad” – they are just
learning how to cope with big feelings.**

Scan the QR code
to know more

