



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 Front Door to Child and Youth Mental Health** at: 519-749-2932 Monday to Friday 8:30 am – 4:30 pm.