

Coping with Uncomfortable Feelings



We often tell our children to “calm down.” It seems simple, but in reality it can be really hard to do—even for adults.

- It seems natural to teach children how to ride their bike; however, we often forget to teach children the skills they need to cope when faced with uncomfortable emotions.

Some ideas to help your child to cope with uncomfortable feelings include:

- **Teach deep breathing**
 - The fastest way to calm one’s body is through deep breathing. Once your child is calm, *then* talk to them about their feelings.
- **Create a calming kit**
 - Include “tools” to use that may help your child calm down when they experience uncomfortable feelings such as:
 - A stress ball to squeeze
 - A glitter bottle to they can shake and watch the sparkles settle (you can make these together)
 - Favorite quiet and calming activities (i.e. a stuffy they can hug, favourite book, etc.)
- **Have a calm space they can go**
 - Anywhere quiet in your home or other places that your child spends time that they know they can go to calm down.
- **Model good coping and calming**
 - E.g. “I feel so frustrated that the car cut me off! I’m going to take a deep breath and count to 10.” Our children learn from our example.