

I am ready for school 😊

Managing extreme emotions

Parents and carers help children to learn to manage their own emotions over time. Extreme emotions are normal and these include excitement, happiness, anger, frustration and sadness. Some children find it difficult to end episodes of intense emotion and happier strong emotions can become upset and tears as it all becomes too much. Or it may be due to wanting some attention, being hungry, tired or unwell. It may also be a reflection of family issues or parenting approaches. We also need to manage our own behaviours, so they learn from us.

If you engage in highly active physical games with your child do not expect them to calm down instantly. Do calmer activities before bedtime or meal times as it is unfair to get them over-excited and then be annoyed with them.

Children learn much from what they see around them. If you manage your emotions appropriately then they are more likely to learn to cope too. You can also help them by calmly explaining situations to them rather than getting annoyed at their reaction.



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