

## Parent responses to *managing emotional intensities*

After an initial outburst, I just hold her and wait for her to calm down until she is ready to talk about her feelings where we discuss things frankly and honestly. My aim is for her to feel understood and loved

Become very calm. Give physical support. If it's not a tantrum, validate the feeling...'I hear that you're feeling....' Speak in an overly articulated voice

Get down to his level, make eye contact and calm voice – not getting as big as him in the response

My youngest has always self-managed which was very fortunate. He would take himself to his bed and read...heaven forbid if I came in too early!

They have a spot to calm down – when that has happened we talk about it (sometimes that means I also need a space to calm down!)

Lots of cuddles, learn to breathe when it's really tough

*\*Try\** to keep calm and model better ways to deal with strong emotions

Talk about feelings out of the heat of the moment

Chill out activities – comic strip drawing, creating music, listening to music. Let it run its course and talk/ unpack later the options etc

Candles at night time, soothing music, acknowledge feelings, label feelings