



# TO THE POINTE

PARENTING EDITION / SUMMIT POINTE - JULY 2020

## Helping Kids Deal with Worries

Children struggle with worries just like adults, sometimes more, because they have not yet developed coping skills to manage their strong emotions. Parents play a very important role in helping them learn to cope in a healthy way with their worries and fears. Here is a simple activity you can do at home together.

### Safekeeping

- Have or help your child write or draw their worry or fear on a piece of paper.
- Put it in a safe place such as a special worry box or drawer where they can find it again.
- Explain that now they don't need to worry and they can play, eat, or sleep.
- Encourage them to throw away the paper when they feel they do not 'need' it anymore.

### Emotion Chart

Hang up this emotion chart somewhere children will see it often and refer to it when your child is struggling to communicate their feelings effectively and/or practice using it as a check in each morning/evening. Model using it yourself especially when you are experiencing strong emotions such as feeling frustrated, angry, or sad. When parents help their children identify & express their feelings there are many noticeable benefits including:

- Children display fewer behavior problems, because they can express themselves in better ways.
- Children learn to be empathetic and supportive of others, because self-awareness helps them better understand other people's feelings too.
- Children develop more positive and stable relationships with others. It's easier to make and keep friends when you're aware of yourself and empathetic towards other's needs.
- Children learn early that no feelings are 'bad' and that expressing a wide range of emotion is healthy.

## Questions?

Please call ... 269/966-1460  
Youth Crisis Line ... 269/441-5945  
24 hour Crisis ... 1/800-632-5449  
Crisis Text Number ... 741741



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*24-Hour Mental Health Care In Calhoun County*

# Emotions Vocabulary Chart



EXHAUSTED



CONFUSED



ECSTATIC



GUILTY



SUSPICIOUS



ANGRY



HYSTERICAL



FRUSTRATED



SAD



CONFIDENT



EMBARRASSED



HAPPY



MISCHIEVOUS



DIGUSTED



FRIGHTENED



ENRAGED



ASHAMED



CAUTIOUS



SMUG



DEPRESSED



OVERWHELMED



HOPEFUL



LONELY



LOVESTRUCK



JEALOUS



BORED



SURPRISE



ANXIOUS



SHOCKED



SHY