

A resource for parents to help deal with their children's big feelings

This resource is for parents and looks at managing our children's emotions, developing self-regulation skills, and understanding what your child or young person might need during an emotional meltdown.

It explores the following topics,

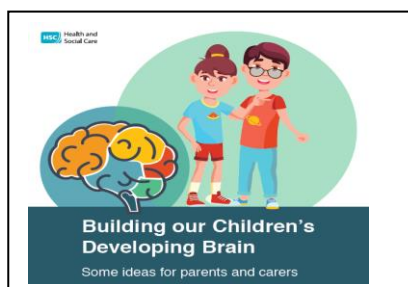
- 📖 How to help us all deal with the ups and downs of emotions
- 📖 How to develop ways of regulating our emotions
- 📖 Understanding how children's brains develop and what they might need at different stages of their development
- 📖 What can we as parents/carers do in helping to support our children and young people in managing their emotions more effectively

If you click on the link below (or paste it into your browser), you will see a range of video clips, visuals and written material for you to go through at your own pace.

<https://view.pagetiger.com/selfcareforfamilies>

NB – this should work on a phone but would be better viewed on a tablet or desktop if possible

We hope you find these useful.



What parents have said about this work:

- *"Thanks. My child's anxiety levels have lowered from what they were."*
- *"It is the kind of stuff every parent should look at; I wish I had it a long time ago."*

If the link does not open for you, the material can also be found on the Children and Young people's Strategic Partnership's website in the Youth Wellness Hub in the parent's zone