

**NURTURING
EMOTIONALLY
HEALTHY CHILDREN**

Myth or fact

- Children should be restricted from displaying emotions (crying, getting angry)
- Acknowledging their emotions leads to them feeling understood
- Talking about emotions can often make matters worse
- Inappropriate expression of feelings like yelling or hitting should be severely punished

**How would
you describe
an
emotionally
healthy
child?**



TRAITS OF EMOTIONALLY HEALTHY CHILDREN

**Awareness of
their own
emotions**

**Awareness of
others'
emotions**

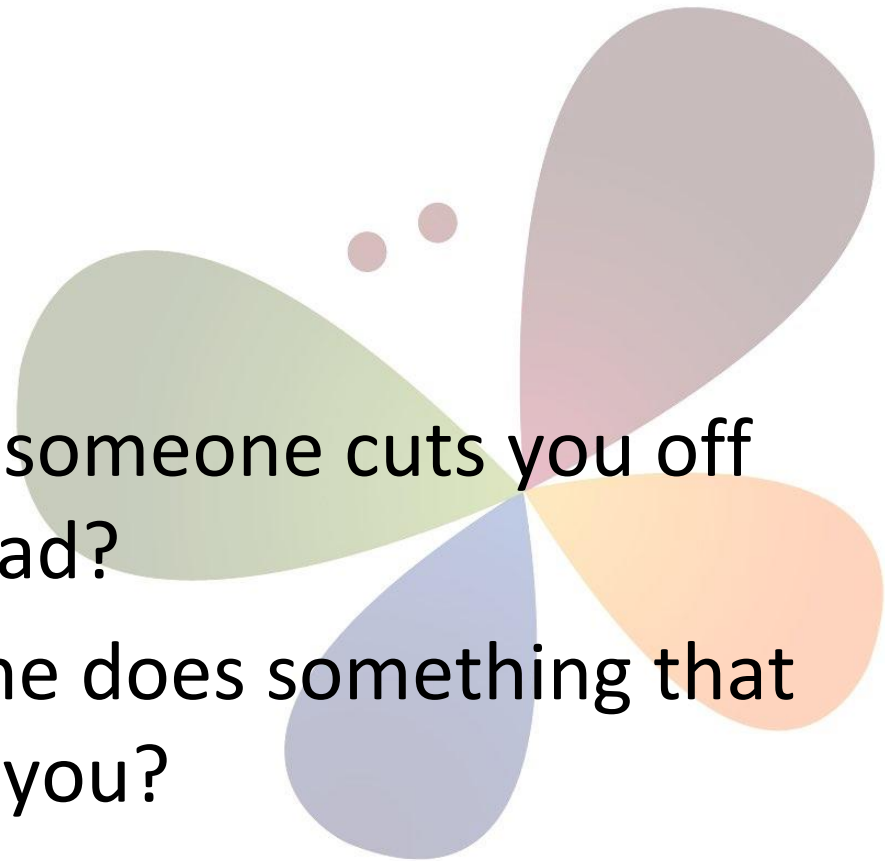
**Shows
empathy**



**Knows
triggers**

**Finds ways to
deal with own
emotions**

**Knows that
emotions are
normal**



How do you react when someone cuts you off
the road?

Or when someone at home does something that
annoys you?

Does a parent's response to their own emotions
matter?

QUICK CHECK

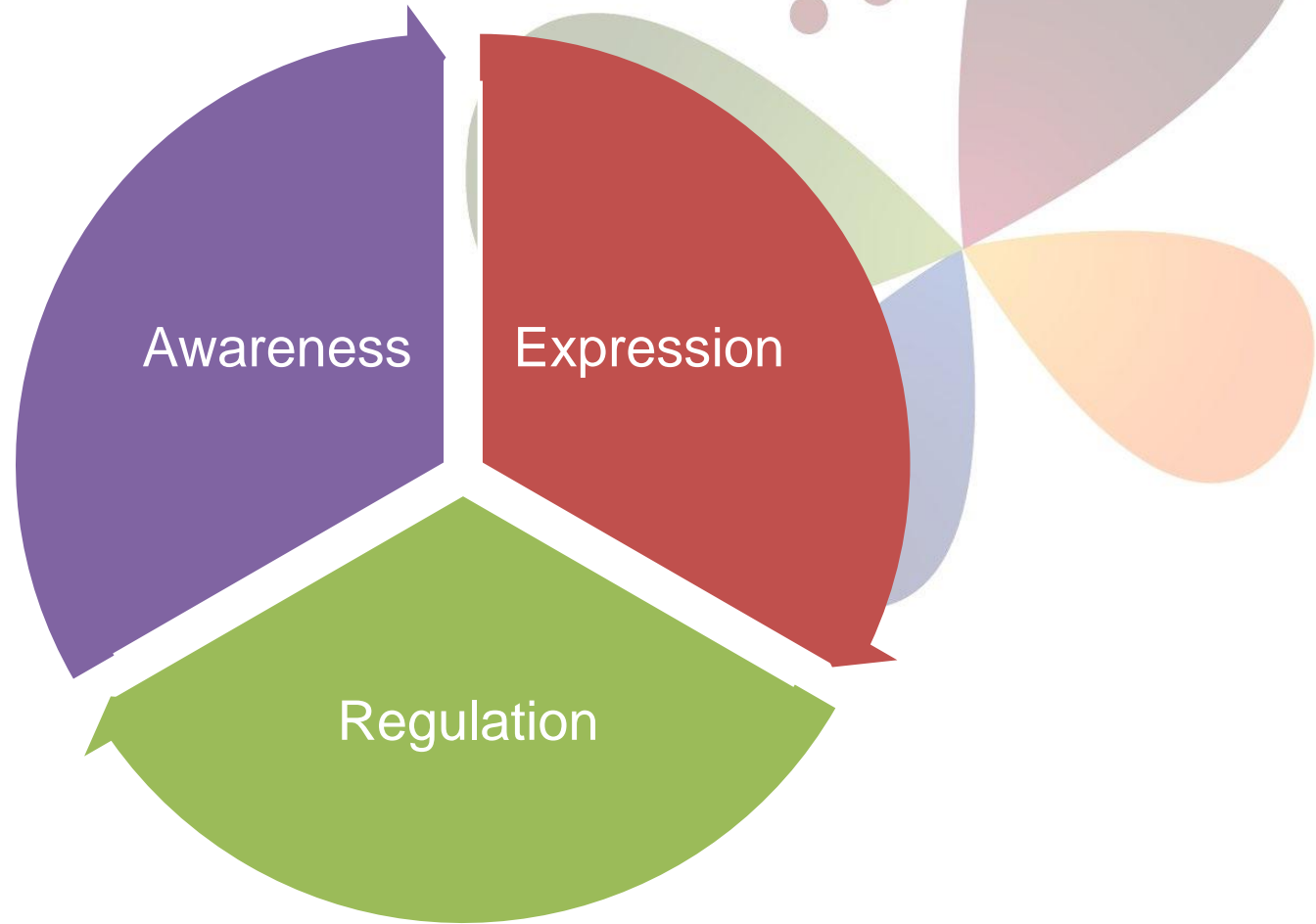
1. When angry, I find it a challenge to remove myself from the situation and calm down.
2. I do say hurtful words, put downs and often spew hostilities when upset.
3. I show my frustration indirectly (banging the door, kicking the dog, throwing things).
4. I shut down and withdraw from people contact.
5. I tend to be sarcastic and indirect in the way I bring about a message to others.
6. I bottle my feelings and do the best to numb what I feel, for it to later show up in some negative way.

ABOVE ALL-

**To raise an emotionally healthy child,
take care of your own emotional well-being
so you can model healthy emotional responses.**



THREE PARTS



AWARENESS

Early childhood



Label emotions

You seem upset...

Talk about the emotion

*...Because you
can't go out to
play*

**Label emotions
the child sees
in you and
others**

Middle Childhood



Body – mind connection

*Anger = clenched
fist, flushed face*

*Nervous=
butterflies in
tummy*

**Talk about
emotions in
characters in
books, movies**

Pre teens & Teens

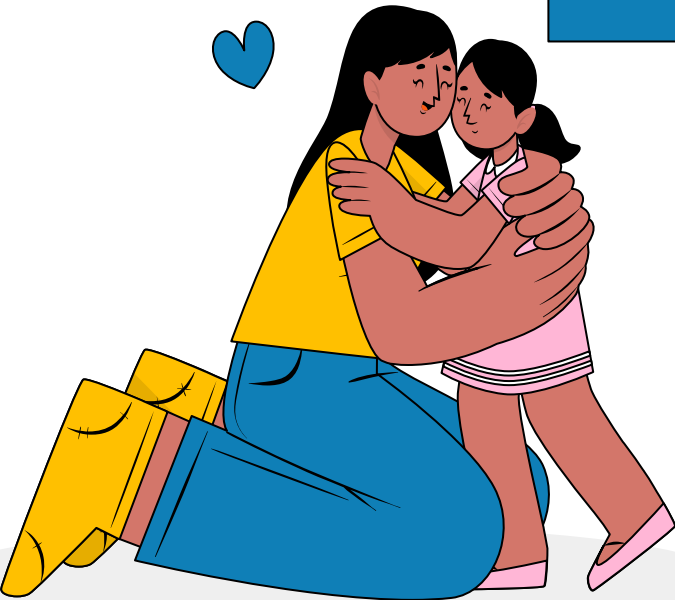


**Help teen notice early
physical signs of
strong emotions**

**Help teen notice early
behavior signs of
strong emotions**

Identify triggers

EXPRESSION



1st step

**OBSERVE & DO A
CHECK IN**

2nd step

**EMPATHISE,
ACKNOWLEDGE &
VALIDATE**

3rd step

TALK IT OUT



Your son is acting oddly angry and rebellious at the dinner table. You do your best to react sensitively, and take him aside and ask whether anything is upsetting him that day.

Your son replies that his feelings had been hurt when you his dad didn't play with him that evening, as you usually do when you came home from work.

How would you respond?

WAYS TO EMPATHISE

Instead of saying

Try saying

Big kids don't cry

I can see you are upset and that's ok.

There's nothing to be scared of

You're feeling scared. I am here with you

Don't be sad, be happy

I'm sorry you are feeling sad. Do you want to talk about it?

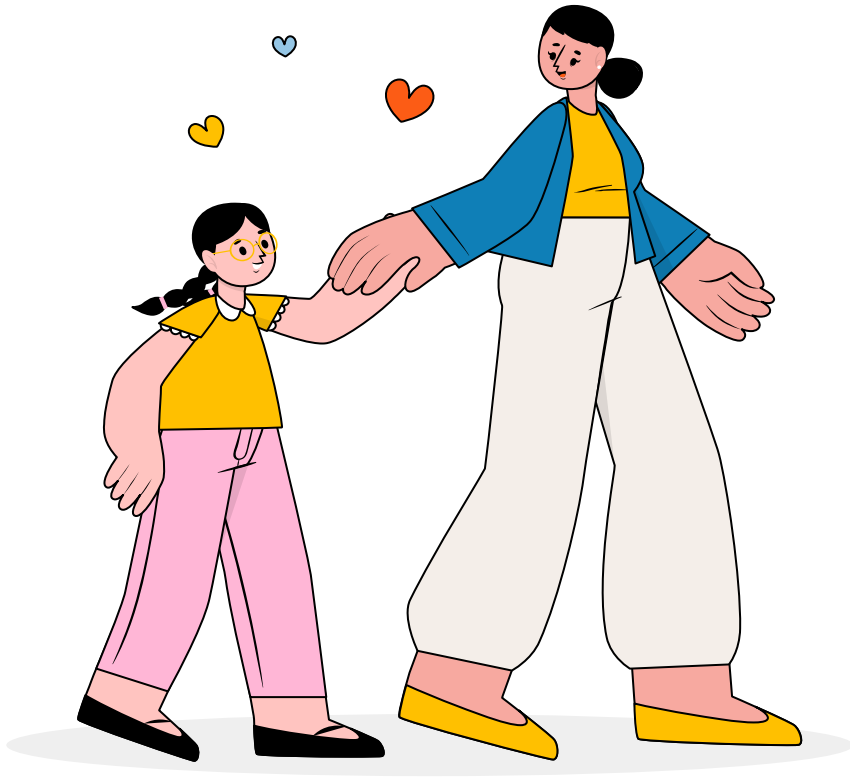
Its not right to be mad

It's ok to feel angry but its not ok to hurt others with your words and actions

Don't worry about it

It looks like you are worried, do you want to say a prayer /take a few deep breaths with me?

REGULATION



Calming down

Teach Coping skills

Problem solve

**ITS ALL ABOUT
CONNECTION**



Don't Exasperate...

...

Fathers, do not provoke your children to anger (do not exasperate them to the point of resentment and demands that are trivial or unreasonable or humiliating or abusive; nor by showing favoritism or indifference to any of them) but bring them up (tenderly, with loving kindness) In the discipline and instruction of the Lord.

Ephesians 6:4 AMP



Don't Exasperate...
...bring up



TRAINING
COUNSEL

Chrysalis
COUNSELING
transform . inside out

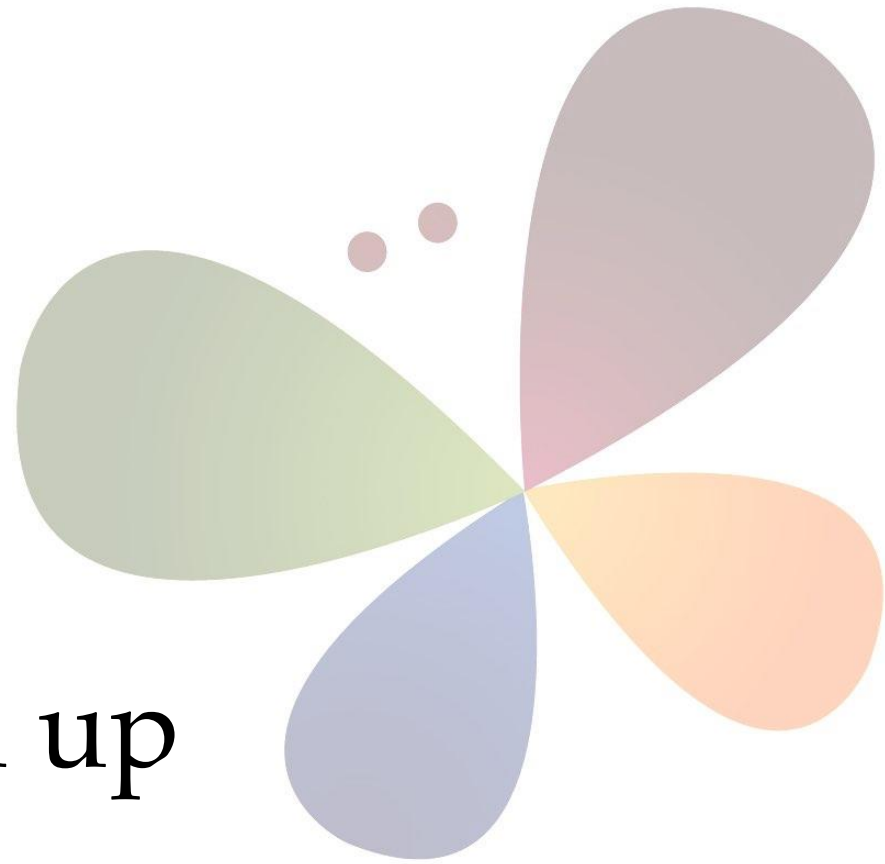


Balance love & truth

UP
UP
UP
Raise them UP



Raise
Raise
Raise
Raise them up





Nurture & Discipline



Live Your Testimony



**THE GOSPEL GIVES YOU THE
POWER TO
PARENT WELL**

Q

&

A



transform . inside out