



## Correct

Once your young person is emotionally calm, correct is to remind them of what happened and support them to make it right, if necessary.

"We can't speak to people like that"  
"How can we make it right"



## Connect

It's important when a child is experiencing emotional distress, such as anxiety, sadness or anger etc. that we start by connecting with them about this experience or feeling

"That must be hard" or "You seem..."



## Acceptance and Acknowledge

Accept how the child is feeling and have empathy first.

"You seem really angry"  
"You look really sad right now"  
"It's hard wanting something and not being able to have it"

## Offer Help

Let them know you are here for them

"I'm here for you"  
"Can I do anything to help"  
"I'm going to stay here for you"



How to help  
**little people**  
manage  
**big emotions**  
everyday

## Physical Presence

It's very important when talking to a child

Get onto a level with them, sit/kneel  
Offer comfort by a safe touch on their hand  
Mirror their mood in your tone of voice



## Give into Fantasy

"I wish we could... (eat ice cream all day) too"  
"I wish we didn't have to either"



## Name the Emotion

Give a name to the emotion that the child is feeling...

"You seem really annoyed"  
"I can see your angry about that"  
"You look so sad"