



## Correct

Once your young person is emotionally calm, to 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 worry, sadness or anger etc. that we start by connecting with them about this experience or feeling.



## Acceptance and Acknowledge

Accept how the child is feeling and have empathy first.

"That must have felt really worrying for you."  
"I can see why that upset you."  
"It makes sense that you're feeling that way."  
"That seemed hard for you today."

## Offer Help

Let them know you are there for them.

"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 to get onto their level with them by sitting or kneeling. Offer comfort by staying close by and or safe touch of their hand. Mirror their mood in your tone of voice.

## Give into Fantasy

"I know! Wouldn't it be good if we could stay up late and not get tired?"  
"Yes, biscuits for dinner would be tasty"



## Name the Emotion

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

"I wonder if you're feeling left out."  
"You look a bit nervous."  
"I can see you're sad."