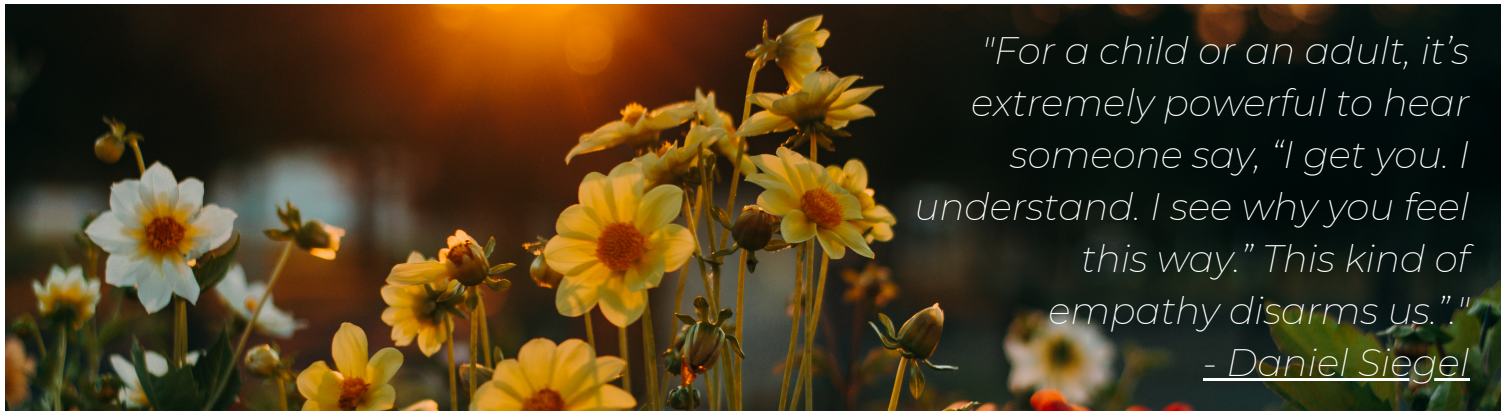


CARING/COPING/CONNECTING

A newsletter from WRDSB Social Work and Psychological Services



RIDING THE WAVES OF BIG EMOTIONS

Children sometimes experience big emotions, like anger, sadness, or anxiety. Imagine that your child comes home from school and says "no one likes me", or they stare at their school project and yell "I can't do this!", or you tell them to get off their phone and they yell "you ruin everything!" and slam the door. What do you do in these situations?

Most parents' initial response is reassuring or problem solving. If our child's behaviour is inappropriate, we might also quickly reprimand them.

Why do we react in these ways? We want our children to calm down and behave well, we want to prevent their emotional pain, or we don't understand their emotions. However, when these are our initial responses, we miss an opportunity to help our children learn how to understand, manage, and recover from difficult emotions.

It is important that we connect with our children's emotions before we redirect their behaviour. Want to learn how to do this? Click these links to find out more:

- Brene Brown's [The Power of Empathy](#) YouTube
- Sesame Street: [Mark Ruffalo explaining empathy](#)
- WRDSB Psychology Staff's YouTube on [Helping Children with their Big Emotions](#)
- More about MANAGING BIG FEELINGS! Take a peek at this short video: [Helping kids manage their big emotions](#)
- Throwback to a humorous look at TUNING IN and VALIDATING: [Everybody loves Raymond!](#)

When little people are overwhelmed by big emotions, it's our job to share our calm, not join their chaos.

L. R. Knost



These practices are supported by research and we encourage folks to give them a try! BUT, we also acknowledge that we all have different backgrounds and experiences. This may make your BIG EMOTION strategies and practices look different in your family.

"It's also crucial to keep in mind that no matter how nonsensical and frustrating our child's feelings may seem to us, they are real and important to our child. It's vital that we treat them as such in our response."

- Daniel Siegel, *The Whole Brain Child*

NEVER,
in the history of calming
down has anyone ever
calmed down by being
told to calm down!



someecards
user card

MINDFUL MOMENT

Check out these mindful strategies to help calm "in the moment":

- The Butterfly Hug
- 54321 Grounding technique (for adults)
- 54321 for kids and adults

But remember....learn and practice them first and then you may be ready to try them when you need them!

Short on time but feeling high on stress?

- Parents could consider: Mini meditation -Letting go of stress
- Kids might try: On&Off Go Noodle or Shake it Off Go Noodle

Lunch & Learns for Caregivers with WRDSB Psychology Dept

Wednesdays, 12:15 to 12:45

[Zoom Meeting link](#)

(Meeting ID 912 3479 2398 & Password: WRDSB)

May 5 - The Impact of COVID-19 on Teen Mental Health, and What They Need To Do Well

May 12 - Reinforcement - Your Parenting Gold Star!

May 19 - How Different Parenting Styles can Impact Big Emotions

May 26 - Who Knows Best? When Parents Disagree.

Community Events

Woolwich Counselling

- Stand Tall group for kids (ages 7-9)

KW Counselling

- Parenting workshops - Parenting with Passion

Canadian Mental Health Association (CMHA)

- May Events



*Ideas from the
Random Acts of
Kindness [calendar](#):*

- Pick up litter
- Return the shopping cart to its place
- Say Hello to 2 people each day

WE WOULD LOVE YOUR FEEDBACK!

We would love to hear what you think about the newsletter!

Please click **SURVEY** to share your thoughts and ideas.

Responses are anonymous and will be compiled so your privacy is maintained.

Thank you!



Need some help?

Here 24/7: 1-844-437-3247

Kids Help Phone: 1-800-668-6868 or text "CONNECT" to 686868

Front Door: 519 749 2932, and press "1"

***For urgent matters call 911
or go to your local
emergency room***

For more information about this newsletter contact Mary Murphy at 519-570-0003, ext. 4172.