

Putting your child's experience into words

Young children don't have the words to say what is going on inside. Talking through your child's experiences helps them understand their experience. It shows them that big emotions are manageable and do not have to be experienced alone.

Example

Perhaps in response to a 2-yr-old screaming when they are lifted off the swings to go home, you might say something like:

"Oh it's hard to leave the park when you're having so much fun. No wonder you're so upset. We need to get home for lunch, but I get that you don't want to leave. Those are tough feelings, but we will be ok. And we will come back another day"

- This puts words to their experience and accepts their emotions.
- No matter our age, when someone listens and reflects back a good understanding of our feelings, it makes them easier to manage
- Often, children's behaviours will naturally settle when their underlying needs are seen and accepted by those they most rely on.

