

When emotions explode

Very Angry

Stay calm.
Stay safe.
Walk away if possible and try to wait until you are both calm.

Frustrated, tense, but in control

Try saying to your child:
'I can see that you're angry/upset' 'I understand that this might be difficult for you' 'I understand when you did x this made you feel...'

Calm

It might be good to ask questions like 'What happened there?' 'How did you feel?' Make sure they know that you still love and care about them and let them talk about what's going on.

