

Tips for practicing emotional containment



Self Awareness

Understand your own emotions and be aware of how they may impact your parenting.

Recognise your triggers and work on managing your own emotional responses.

Model healthy emotional expression

Demonstrate positive ways to express and manage emotions, such as talking about feelings, using "I" statements, and taking appropriate actions.



Active listening

Pay close attention to your child when they express their emotions.

Reflect back what you hear to show understanding and validation.

Empathy

Try to understand your child's perspective and validate their feelings.

Avoid dismissing or minimising their emotions, even if they seem trivial to you.



Create a safe space

Establish an environment where your child feels comfortable expressing their emotions without fear of judgment or punishment.

Encourage open communication and assure them that it's okay to feel a range of emotions.

Teach emotional regulation

Help your child develop coping mechanisms for dealing with strong emotions.

Teach them problem-solving skills and effective ways to communicate their needs.



Set boundaries

Help your child develop coping mechanisms for dealing with strong emotions.

Teach them problem-solving skills and effective ways to communicate their needs.



Be patient

Understand that emotional development takes time, and children may struggle to express themselves or regulate their emotions.

Be patient and supportive as your child learns and grows.

Seek professional support if needed

If you find it challenging to manage your own emotions or help your child with theirs, consider seeking guidance from a mental health professional or counsellor.

Encourage a growth mindset

Teach your child that it's okay to make mistakes and that they can learn and grow from challenging experiences.

Foster a positive attitude toward learning and adapting to new situations.

