

Tips for families: Validating Feelings

**Achieve
Together**
@LDST

Try these 5 steps to help validate feelings and support children to manage emotions



Recognise emotions

Point out emotions you see your child showing e.g. I can see you are feeling frustrated...



Emotions are ok

Keep repeating the message of feelings are ok e.g. it is ok to feel angry, we all do sometimes.



Name emotions

Help children to name emotions and understand how they make them feel.



Active Listening

Use eye contact and non-verbal cues to show you are really listening.

Manage emotions

Help children come up with their own ways of dealing with how they feel and try to role model it yourself.

