

UNDERSTAND YOUR CHILD'S EMOTIONS

DID YOU KNOW CHILDREN FEEL THE SAME EMOTIONS ADULTS DO?

➡ Children can also feel:

😞 Jealousy 😡 Frustration 😞 Sadness 😡 Anger

➡ They cannot express what they feel with words, and their feelings may come out as behaviour. Sometimes being “naughty” might actually mean:

“I need to feel safe”

“I need to feel loved”

“I need your help”

WHY CHILDREN STRUGGLE WITH BIG FEELINGS?

➡ Everyday stress can be tough for kids, like:

➡ Starting school ➡ Losing a pet ➡ Hearing scary news

➡ When overwhelmed, children may go into fight-or-flight mode, which can show up in their behaviour.

SIGNS YOUR CHILD MIGHT BE STRUGGLING

- | | |
|--------------------------|-----------------------------|
| ➡ Frequent tantrums | ➡ Saying “no” a lot |
| ➡ Losing a pet | ➡ Language delays |
| ➡ Getting sick often | ➡ Struggles with adults |
| ➡ Trouble making friends | ➡ Playing or exploring less |
| ➡ Needing control | ➡ Low self-esteem |



WHAT CAN PARENTS OR CARERS DO?

➡ Understand the behaviour:

Big behaviours usually mean big feelings. Try to see what's behind the behaviour.

➡ Help your child name feelings:

Naming emotions helps children understand them.

“It sounds like you are sad, is that right?”

“Do you feel angry?”

➡ Be present

Spend time together. Play, draw, or do fun activities. Ask your child to draw what makes them happy or sad.

➡ Validate their feelings

Let them know: ➡ **It's okay to feel sad.**

➡ **It's okay to feel angry.**

➡ **Everyone has these feelings.**

➡ Coregulate together Children learn calm from your calm.

Examples: ➡ **Give them a big bear hug**

➡ **Speak gently and softly**

➡ **Take slow breaths together**



- ➡ **Teach calming skills**
- ➡ **Deep breathing exercises**
- ➡ **Counting slowly**
- ➡ **Taking a break when upset**
- ➡ **Take care of yourself**

Your wellbeing affects your child. Be kind to yourself too.

WHEN TO SEEK HELP

If these strategies don't help, or your child's behaviour is affecting daily life, please:

- ➡ **Talk with your GP**
- ➡ **Reach out for professional support**

Every behaviour is a message. Children are not “bad” – they are just learning how to cope with big feelings.

Scan the QR code
to know more



The Children's Health and Wellbeing Local is jointly funded by the Victorian Government and the Australian Government through the Head to Health Kids Initiative.