Role Models



Managing Big Emotions

© Copyright Role Models 2024 All rights reserved



Louise Treherne

louise@rolemodels.me

www.rolemodels.me

Role Models

We give children the toolkit to:

- Build their confidence
- Manage their emotions
- Develop friendships

Fun, online & in-person learning for 5- 13yr olds, delivered by friendly, experienced mentors.



What feelings are we talking about?

What feelings does your child struggle with?

Anger

Jealousy

Fear/Anxiety

Sadness



What do you need as an adult when you are having big emotions?



10 top tips!

(for children & you)

Top Tip #1

Hold consistent boundaries

'it's ok to feel frustrated that your brother took your Ipad, it's not ok to kick his door'.

'It's ok to feel cross with me that you can't go to the party but it's not ok to swear'.

- Consequence – not punishment.
- focus on what they could be doing, not what they shouldn't do.
- Validate - I know this feels unfair– it's my job to make difficult decisions and keep you safe.

Top Tip #2

Allow difficult emotions

Experiencing the emotion is important. Don't avoid or distract them.

- Our job is to help them manage emotions, not stop them from feeling them

- Connect before you correct. Validate the emotion – I know you feel really upset about what happened with your friend – I understand. It is still not ok to shout at me.

Top Tip #3

Avoid asking too many questions

- The rational part of their brain isn't working in that moment. (fight or flight and can't engage – be realistic)
- Opportunity to connect, sit next to them, be present and show them you're with them, ask them what they need from you

Top Tip #4

Talk to them in a calm moment

Find an opportunity when your child is feeling calmer to talk about how they felt.

- In the moment can cause confrontation
- This can also provide an opportunity to discuss strategies to manage the feeling next time they have a similar feeling

Top Tip #5

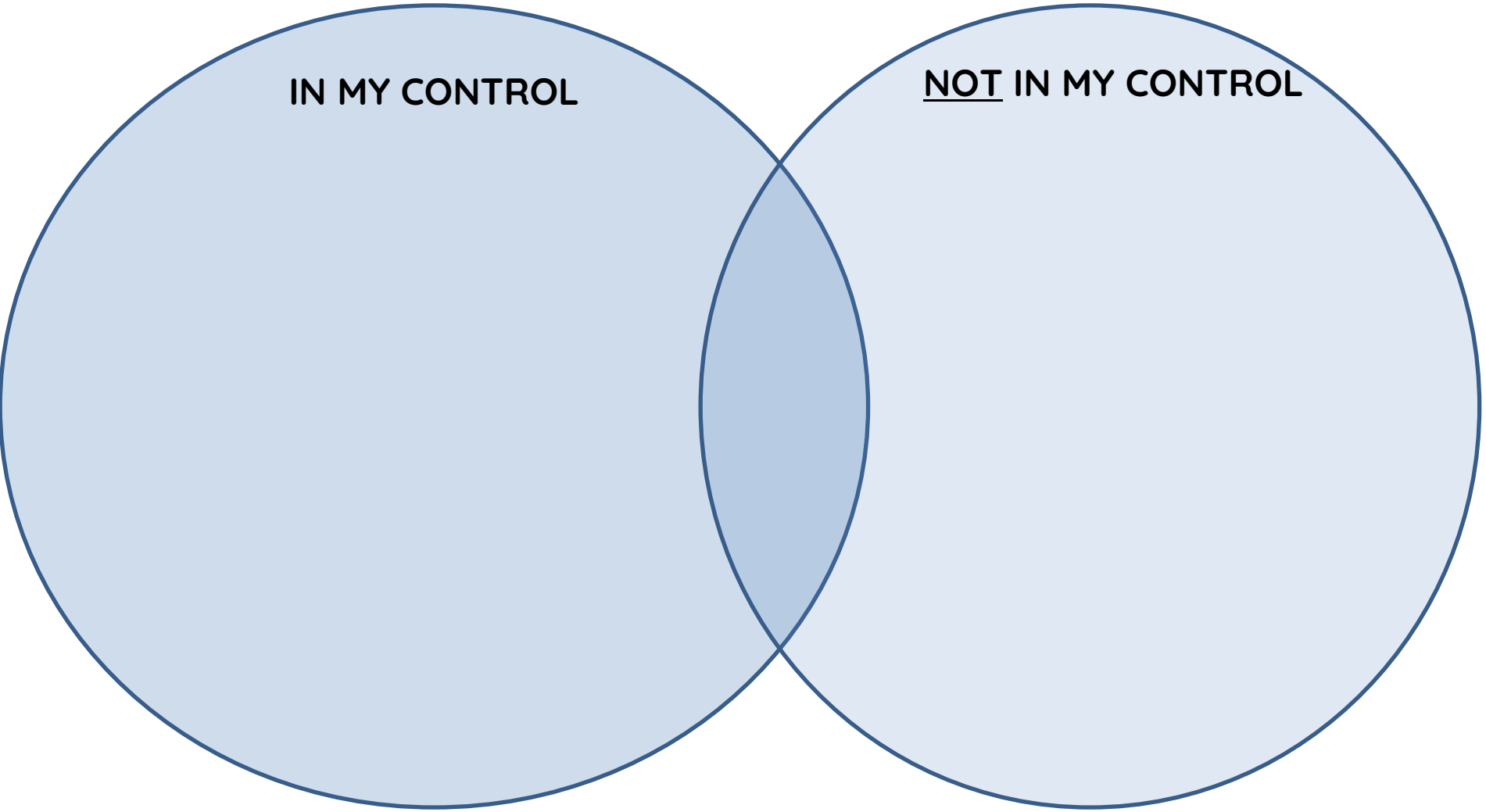
Often disrespectful/rude behaviour stems from a loss of control

A loss of control can prompt an unravelling of emotional self-control

Helpful to remind yourself of this in the moment!

What is your child actually struggling with?

Help them identify what is in their control and what is not.



2024 HOLIDAY COURSES

Next courses: 8th - 12th April

Kensington and Chelsea: Chelsea Academy

Wimbledon: Wimbledon High School

Fulham: Fulham Prep

We accept childcare vouchers and tax-free childcare as payment for this course.

UAE KSA Qatar

10% of in-person courses with code WEBINAR10
Expires Sunday at midnight

Role Models

MASTERCLASS

Live, online classes every Tues, Weds, Sun for children age 5-13

- First month half price: £24.50
- Regular price £49/month
- Fun, group sessions led by Role Models
- Summary, top tip and activity sheet after every session
- Limited places!

Find out more



Top Tip #6

Respond in a calm/neutral tone

This can be very challenging!

- De-escalate their mood and not contribute to it
- ‘Something feels really wrong to you right now – I can see’

Rather than

‘why you getting upset?’

Top Tip #7

Separate their feelings from their behaviours

Behaviours are a response to feelings, and we need to address the feelings

- ‘you might feel as though your child is giving you a hard time – but they’re having a hard time’. It can be powerful to remember that.

- ABC – Accept, Breathe, Choose

Top Tip #8

Identify triggers

When does your child tend to experience these feelings?

Is it happening on the weekends when the house is busier/ less 1-2-1 time/after spending time with certain people?

Top Tip #9

Model appropriate behaviour

The way in which we express our emotions will have a huge impact on the way in which they deal with theirs

- If you do lose your temper – it's also an opportunity to model being human, apologise, reflect, problem solve.
- 'There is no rupture that can't be repaired'

Top Tip #10

Take a moment for yourself

It is okay to take a moment to breathe, before supporting your child. Modelling self-care is important too!

- Difference between reacting and responding. The only way we can make sure we respond rather than react is to make sure we take a moment for ourselves.

Helpful Reminders

- They are frustrated with the limits I set – not with me. It is ok for them to feel disappointed
- Limit pushing is a natural part of development – it's how kids learn to be independent
- It might not feel like it, but they are safe and so am I

What to say when their big feelings create big feelings for you…

- I want to help you, and I'm having a hard time staying calm. I'll be downstairs if you want to talk
- I can't discuss this right now but I see it's important to you. Let's talk later
- Words like that are tough to hear – let's take a break. We can keep on talking when we're both feeling calmer
- I love you too much to argue with you about this (homework battles)

Overview of ten top tips

#1 Hold consistent boundaries

#2 Allow difficult emotions

#3 Avoid asking too many questions

#4 Talk to them in a calm moment

#5 Remember what is underneath their rudeness

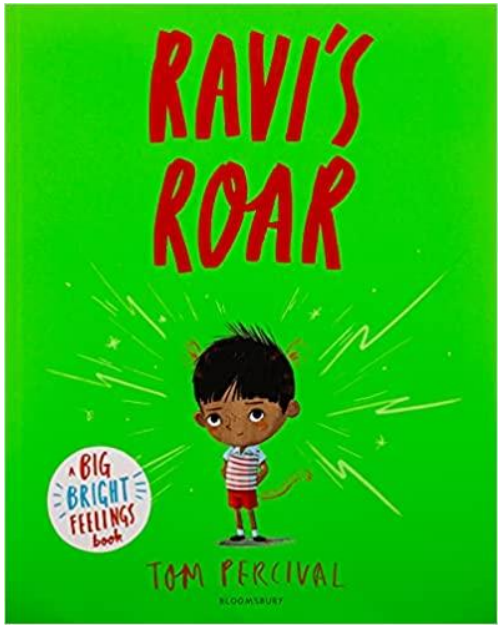
#6 Respond in a calm/neutral tone

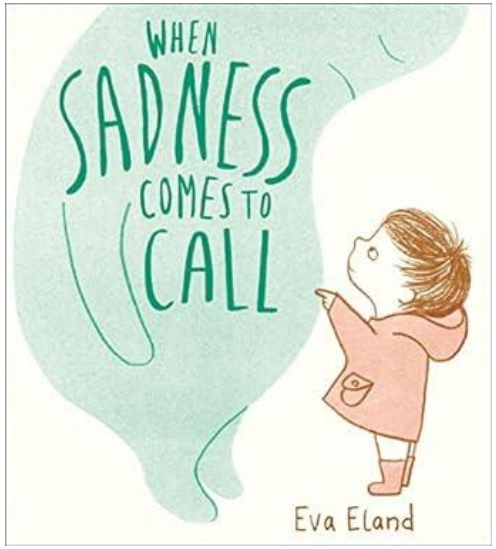
#7 Separate feelings from behaviours

#8 Keep a diary and identify triggers

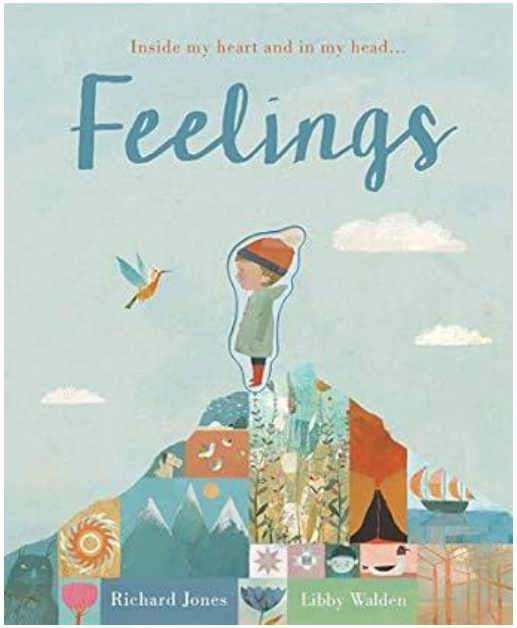
#9 Model appropriate behaviour

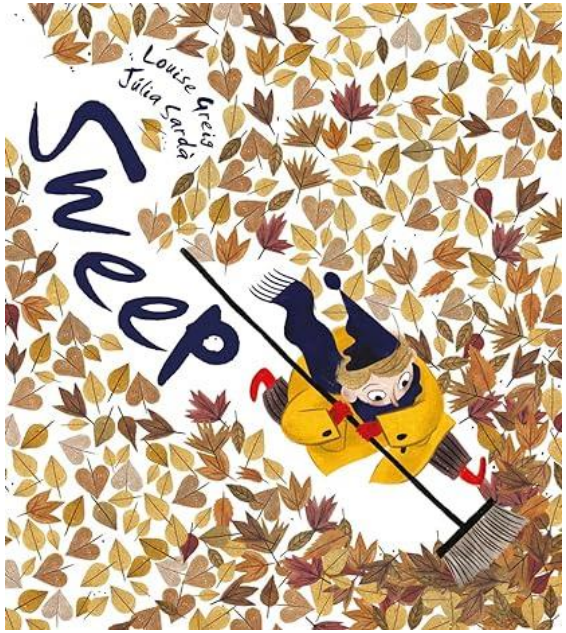
#10 Take a moment for yourself

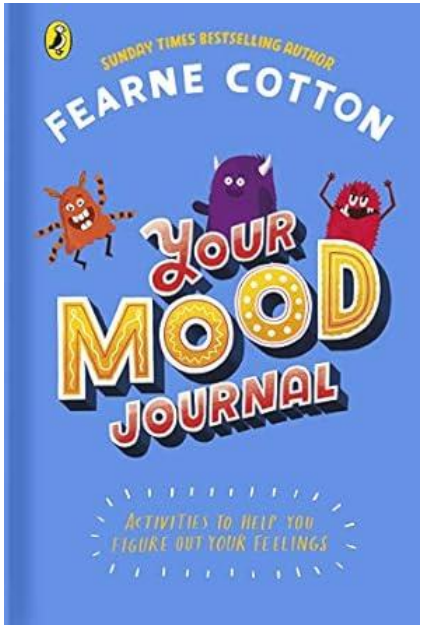

RAVI'S ROAR
A BIG BRIGHT FEELINGS book
TOM PERCIVAL
BLOOMSBURY

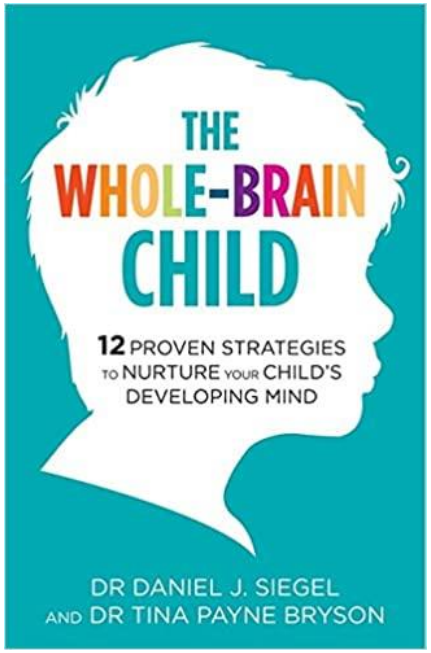

WHEN SADNESS COMES TO CALL
Eva Eland

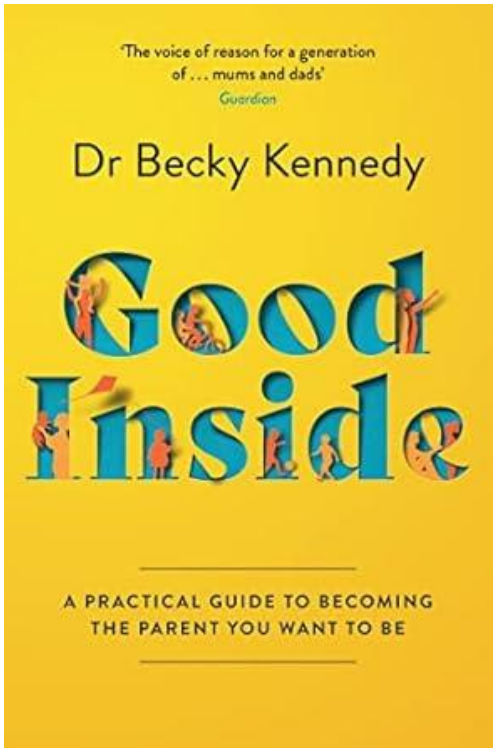

MILO'S MONSTER
A BIG BRIGHT FEELINGS book
TOM PERCIVAL
BLOOMSBURY

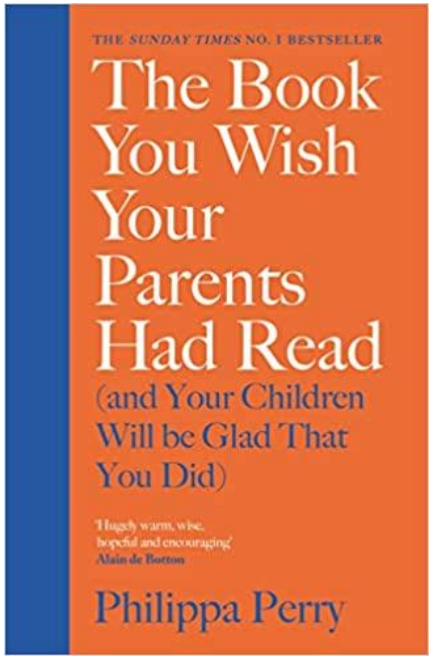

Inside my heart and in my head...
Feelings
Richard Jones
Libby Walden

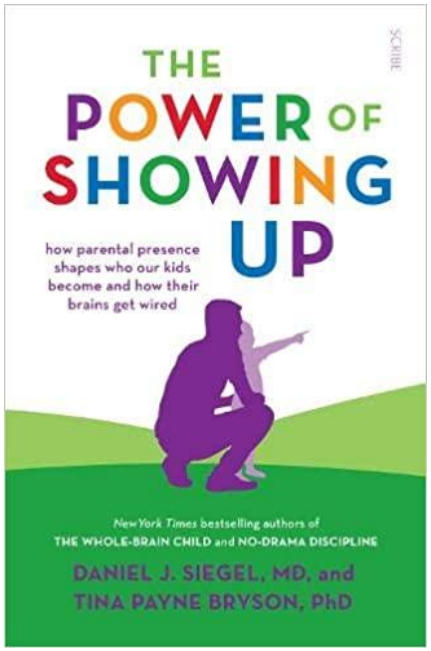

Louise Greig
Júlia Sardà
Sweep

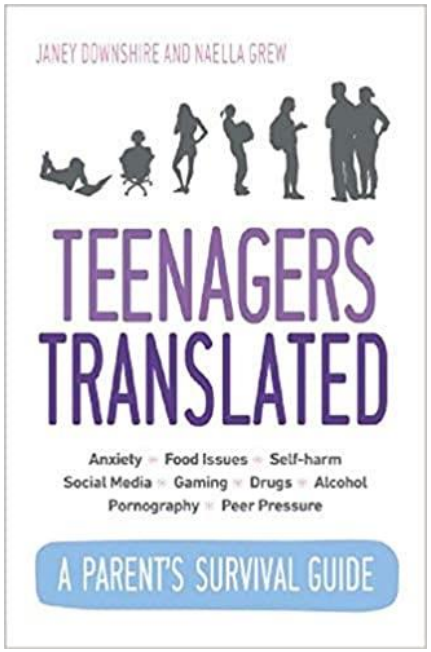

SUNDAY TIMES BESTSELLING AUTHOR
FEARNE COTTON
YOUR MOOD JOURNAL
ACTIVITIES TO HELP YOU FIGURE OUT YOUR FEELINGS


THE
WHOLE-BRAIN
CHILD
12 PROVEN STRATEGIES TO NURTURE YOUR CHILD'S DEVELOPING MIND
DR DANIEL J. SIEGEL
AND DR TINA PAYNE BRYSON


'The voice of reason for a generation of ... mums and dads'
Guardian
Dr Becky Kennedy
Good Inside
A PRACTICAL GUIDE TO BECOMING THE PARENT YOU WANT TO BE


THE SUNDAY TIMES NO. 1 BESTSELLER
The Book You Wish Your Parents Had Read
(and Your Children Will be Glad That You Did)
'Hugely warm, wise, hopeful and encouraging'
Alain de Botton
Philippa Perry


THE
POWER OF
SHOWING
UP
how parental presence shapes who our kids become and how their brains get wired
New York Times bestselling authors of
THE WHOLE-BRAIN CHILD and NO-DRAMA DISCIPLINE
DANIEL J. SIEGEL, MD, and
TINA PAYNE BRYSON, PhD


JANEY DOWNSHIRE AND NAELLA GREW
TEENAGERS TRANSLATED
Anxiety · Food Issues · Self-harm
Social Media · Gaming · Drugs · Alcohol
Pornography · Peer Pressure
A PARENT'S SURVIVAL GUIDE



Role Models

Join Us for the next Free Webinar

"How to raise a resilient family"
19th March at 7.30pm

Register your place