

# When You & Your Child Feel Overwhelmed...

## Recognize Everyone's Feelings

If you are feeling stressed, there's a good chance your child is as well.

Offer words that describe the emotions. "I am feeling sad right now because I don't know what you want."

"You seem to be really mad because I said, "no." How about after we have lunch we \_\_\_\_\_"?

"You are upset because \_\_\_\_\_. Do you have an idea how we can work out a solution?"

