



Supporting Your Child Through School-Age Struggles

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Challenges of Childhood



- Children have less control, experience, and abilities than their adult counterparts.
- Children are continuously expected to comply, cooperate, and control their impulses in order to gain approval.
- Children's rational brains are not fully developed (until 25y/o) making them more prone to intense emotions and limiting their ability to self regulate, problem solve, and consider long term consequences.
- Various external stressors and pressures such as making friends, learning new skills, performing academically, navigating peer pressure, managing technology and social media, etc., etc., etc..
- The key to learning self-regulation skills is not to avoid situations that are difficult for kids to handle, but to coach kids through them.

Five Components - OF - EMOTIONAL INTELLIGENCE

Social Skills

Being able to create and maintain healthy relationships



Self-awareness

The knowledge of one's own thoughts, feelings and motivations



Decision-making

The ability to make responsible choices and accept their outcome



Self-regulation

The ability to regulate emotions and actions in a variety of environments



Empathy

The capacity to empathize and appreciate another perspective



Emotion Coaching

- See behavior as a window into the underlying emotion, deficit, or need. They are not giving you a hard time, they are having a hard time.
- Accept “negative” emotions as a fact of life and use them as opportunity for teaching and building a closer relationship.
- Child’s job is to explore, express emotions and preferences, push boundaries, find autonomy, satisfy wants and needs.
- Listen empathetically and validate feelings.
- Help child name the emotion
- Offer guidance on how to regulate emotions.
- Explore strategies to problem solve.



5 C's of Supporting and Motivating Children

- Connection
- Communication
- Control
- Challenges
- Coping Skills



Connection



Connect then redirect

Feeling seen, heard, and supported helps children regulate emotions

Empathize and validate before offering advice

Our children won't be receptive without connection

A dysregulated adult can not help to regulate a child -take a break if you need one

Connection with your child is your greatest asset in influencing positive outcomes

Communication

Communication DO'S

- Listen with Full Attention
- Acknowledge their feelings with a word - “Oh, Mmmm, I see, what else...”
- Give their feelings a name - “You must be really frustrated”
- Involve them in the solution - “What is one small thing you think we can do to make this a little better?”

Communication DONT'S

- Invalidate feelings
- Excessive reassuring
- Over explaining/ Lecturing
- Providing Certainty



Challenges

- Anticipate challenges and rehearse solutions
- Give them the specific words to use
- Growth Mindset: The power of YET
- Challenges = Growth; Build your Brave Muscle
- Distress Tolerance - “I can do hard things” , “I can tolerate distress, discomfort, and failure”, “I can accept that sometimes things are out of my control”
- Two things can be true
- Model how to deal with difficult situations and emotions



Control

- **Self-efficacy** -the sense of having agency or control- an especially important trait during times of fear and uncertainty
- **Secondary Control** - I may not have control over certain things but I can control my response to them; identify what is in their control v. what is out of their control
- **Offer Choices** - Do you want to do your homework now or after dinner
- **Encourage their Solutions** - Create buy-in and problem solving skills
- **Provide Truthful Information** -When children ask questions they are ready for answers; uncertainty creates feelings of confusion and fear -self doubt

Stress Response Formula



Stressor +



Our Interpretation +



Underestimation of Coping Ability =



Stress Response

Coping Strategies Every Child & Teen Should Know

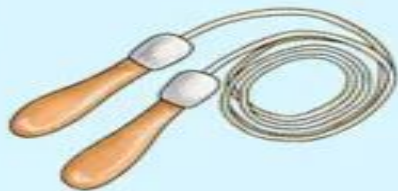
Pathway
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www.thepathway2success.com



**Practicing
Mindfulness**



Exercising



**Checking in
with Feelings**



Reading



**Coloring &
Drawing**



Making a Plan



**Talking with
Someone**



**Practicing Deep
Breathing**



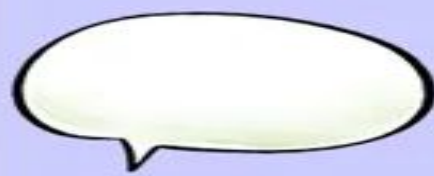
**Writing in a
Journal**



**Listening to
Music**




**Unplugging from
Technology**



**Using Positive
Self-Talk**

What to Tell Myself When I'm Feeling Anxious



1. This feeling won't last forever.
2. Thoughts and emotions aren't facts.
3. I can feel anxious and still handle this.
4. My bravery is stronger than my fear.
5. I am safe right now.
6. Anxiety is reminding me to slow down my breathing.
7. I've survived other tough times before, and I will be resilient this time, too.
8. This feeling is a normal reaction. I will use my coping tools to respond with thoughtfulness and self-compassion. 
9. I don't have to figure this all out right now; I will trust the process.
10. Thank you anxiety for always trying to look out for me, but it's okay now; I got this

Book Recommendations

For Parents and Caregivers:

Raising an Emotionally Intelligent Child by John Gottman, Ph.D

Anxious Kids Anxious Parents by Reid Wilson, Ph.D and Lynn Lyons, LICSW

Good Inside by Dr. Becky Kennedy

How To Talk So Kids Will Listen & Listen So Kids Will Talk by Adele Faber and Elaine Mazlish

The Whole Brain Child by Daniel Siegel, MD and Tina Payne Bryson, Ph.D

For Children:

In My Heart, A Book of Feelings by Jo Witek

Marcy's Having All The Feels by Allison Edwards

Worry Says What? by Allison Edwards

The Whatifs by Emily Kilgore

The Energy Bus for Kids by Jon Gordon