Tip of the Month

Being in Charge of Our Emotions

Being in charge of our emotions is about calming down enough so that we can express our emotions. Young children need our support to calm down. One simple and effective way to help children (and adults) be in charge of their emotions is the old tried and true method of taking three deep breaths. When we slowly breathe in to the count of three and out to the count of three a few times in a row, we experience an amazing calming effect. We can ask small children to imagine blowing up balloons, filling their bellies with air, and then blowing out into the balloons. It is a good idea to practice deep breathing when your child is calm and not under stress. He will be better prepared to use it when he needs it. It is a great skill that your children can use for a lifetime and helps them control their impulses.

Sandy McKay- Resource Consultant
City of Stratford Children's Resource Program