



Coaching for Kids

Parenting During Hard Times:

What parents can do to support their child's social emotional development

Story...

Introduction...

Challenges...

Tools...

- ★ Identifying and understanding physical feelings to recognize emotions before they become overwhelming or overpowering
- ★ Helping your child to be available to learn
 - Tuning into our children's threshold for stress
 - Ways to reset
 - Focus on and encourage resilience
- ★ Providing consistency in inconsistent times
- ★ The importance of language
 - "I am" vs. "I feel"
 - Social Distancing vs. Physical Distancing
- ★ The squeaky wheel vs. the quiet child
 - Often, the child with big emotions gets the attention and help while the quiet child is left to deal with emotions on his or her own. Learn ways to identify needs of the quiet child and how to support his/her social emotional development.
- ★ Parent self care!!! Our children aren't the only ones who need extra TLC right now.

~Building Character, Confidence, & Courage~