

# THERAPIST SKILLS TO calm your child

## Reflect their feelings

**Let them know you see what they're feeling directly in the moment.**

You're so angry that she hit you!  
You look happy you figured that out for yourself!

## Track what their actions verbally

**This helps a child feel seen and connects what they do to the outside world.**

You're not giving up, you keep trying that.  
You're jumping so high!

## Show them active listening

**Help your child feel heard by summarizing what they say.**

You really want me to know that you're trying so hard at school.

It's important to you that I know you had a tough day.

## Give your child some control

When playing, let your child decide all details of their play; don't control it. If you notice tantrums, give them some responsibility - let them decide a chore/task they can do for themselves; this will increase self-confidence.

## Dedicate 10 minutes a day, per parent, of one to one time with your child

Giving children your undivided attention each day, even for 10-15 minutes, lets them feel valued. Let them decide what they want to do or what they need. This is time where they can "just be" - cuddle time, reading time, a walk, telling you about their day, drawing, or playing a game.

Quality over quantity here - if you can't provide your undivided attention, shorten the length of time.

**"Connection is a child's deepest need and a parent's highest influence."**

- Leila Schott