

Help me with my emotions

I love it when...

- You understand what I like to do & we do it together.
- You try to see the world through my eyes.
- You help me when I need it & don't compare me to anyone else.
- I know you like me.

Here's some examples of what we could do together...

If I like to jump - jump with me. If I show an interest when your cooking, offer me a spoon & invite me to help.

Things that aren't a big deal to you, can be for me. It really helps when you show me that you understand how things feel to me.

Let's enjoy every successful small step together e.g. my friends may be starting to walk but I'm not ready & that's ok.

Your smiles, cuddles, thumbs up and hair ruffles let me know that all is well.



I love it when...

- I know what's happening next. Simple & consistent routines feel good to me.
- We learn new things together, being involved with you is great fun.
- You give me little challenges - they're really good for my developing brain.

Here's some examples of what we could do together...

It helps when bedtime happens the same way each night, so I know what's expected of me & I don't feel worried.

Let me join in with everyday jobs – like sorting the washing, tidying the shoes & helping to wash up – talk to me, enjoy my company & include me in what you're doing.

Know what I'm really good at doing & look for ways, sometimes, to make things just a little bit more tricky - why not talk to my key person at the setting for ideas e.g. I can find my shoes, now can I put them on.



I love it when...

- Together we talk about my emotions & feelings.
- You remember that when I'm having a hard time, I need your help. It's ok to feel and show my emotions
- You help me how to respond to my emotions, I copy the example you set.
- When you talk about me in a positive & respectful way. What you say about me really matters to me. I learn how to speak to others by listening to you.

Here's some examples of what we could do together...

When I'm feeling emotional & overwhelmed, it really helps when your words & actions remain calm.

Staying calm shows me that my emotions aren't wrong & it helps me to learn how to deal with them, if I feel like hitting, perhaps I can hit a cushion & not a person.

Talk about emotions with me & name my feelings – 'you seem frustrated, I wonder if it's because...'

The tone of your voice is as important as the words you use. e.g. I am so proud when... I could see how hard they were trying...

