

WEATHERING THE STORMS

A GUIDE TO HEALTHY EXPRESSIONS OF EMOTIONS FOR PARENTS AND CHILDREN

Start a Conversation with Parents & Caregivers

Use the following questions to start a conversation about feelings and introduce the *Weathering the Storms: A Guide to Healthy Expressions of Emotions for Parents and Children*.

In addition to supporting social-emotional development in children and parents, a conversation about feelings can be an opportunity to share information about Yolo County programs and resources like Family Resource Centers, library story time, parent groups, and free activities. These programs help parents and caregivers connect with others and access resources.

Questions about a child's emotions

- What does your child know about emotions or feelings?
- What have you taught your child about feelings?
- How do you help your child work through strong emotions when they occur?

Questions about a parent's emotions

- What makes you feel most supported when you are feeling stressed or upset?
- What situations cause you to get really upset?
- How do you handle your own strong emotions?

Introduce *Weathering the Storms: A Guide to Healthy Expressions of Emotions for Parents and Children*

This guide provides ideas that can help parents and children learn to express emotions in a healthy way. There are many different ways to calm emotional storms.

- What ideas have worked for you in the past?
- Would you be willing to look through this guide and let me know which ideas you'd like to try?



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Continue a Conversation with Parents & Caregivers

Use the following questions to discuss the *Weathering the Storms: A Guide to Healthy Expressions of Emotions for Parents and Children* once parents and caregivers have read and/or used it. It may be hard for parents to practice and teach their children these social-emotional skills. Your ongoing support can help parents foster their children's social-emotional development and build resilience.

Identifying emotions

- Did you use any of the ideas in the guide to teach your child to identify emotions? Which ones worked for you? Which ones didn't? What made the difference?
- How did it feel to talk about emotions with your child?

Handling a child's emotional storms

- Did you and your child talk about calming activities? Which ones did your child want to try?
- Did reading the guide help you handle your child's storms in a different way? How?
- Can you think of some things that cause your child to get upset? How might you be able to prevent some storms in the future?

Handling adult emotional storms

- What did you learn from the guide about how you express emotions?
- Which calming activities worked for you?
- Did you identify some things that make you get upset?

If the parent didn't have a chance to read the guide or to try any ideas—

- What emotions or feelings have you talked about with your child?
- What did your child think about the conversations? How do you think the conversations went?
- What do you need to improve these conversations with your child?
- May I show you this guide, which has many ideas about building emotional health in children?

Remember to provide empathy and encouragement to parents wherever they are emotionally. We want to support parents as they learn about how to practice and teach these skills! Please refer to the resources on the back of the guide if parents need more help.

