

Parent Resource

10 Things To Say To Your Child When You Feel Frustrated

By Dr. Jazmine The Mom Psychologist

Feeling stressed and overwhelmed these days? Do not worry, you are not alone. Keep in mind your little ones are watching and can sense your emotions.

Dr. Jazmine has some great tips on how to express your emotions to your child, all while teaching them how to handle big emotions themselves.

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BY THE MOM PSYCHOLOGIST

1. PHEW! I'M FEELING FRUSTRATED RIGHT NOW.
2. I NOTICE I'M FEELING FRUSTRATED BECAUSE MY STOMACH HURTS AND MY HEART IS RACING LIKE A CHEETAH.
3. I ALSO NOTICE I'M ANGRY BECAUSE IT'S HARD FOR ME TO THINK CLEARLY.
4. IT'S OK FOR ME TO FEEL FRUSTRATED. IT HAPPENS.
5. WHAT MATTERS MOST IS WHAT I DO WITH MY ANGER.
6. I'M GOING TO TAKE SOME DEEP BREATHS.
7. I'M GOING TO GO GET SOME FRESH AIR. WANT TO COME?
8. I'M GOING TO GO TO THE BATHROOM. I'LL BE RIGHT BACK.
9. SOMETIMES WHEN WE'RE ANGRY, WE NEED SPACE. I'M GOING TO TAKE SOME SPACE AND I'LL BE BACK WHEN THE TIMER GOES OFF. THANKS FOR UNDERSTANDING.
10. IT'S ALWAYS OK TO FEEL WHAT WE FEEL. SOMETIMES WE JUST NEED TO TAKE A BREAK TO CALM OUR MINDS & BODIES.

