



Occasionally your child's emotions take you by surprise. Things which usually don't upset your child all of a sudden might, like falling down. Even though your child likely didn't get hurt, something caused them to feel like they can't just brush themselves off this time. This sudden emotion from your child may catch you off guard. When our kids are upset, it can sometimes trigger us to be upset too and instead of responding to our kids, we react. Although we may be at a loss for the right words and say something dismissive, it is these moments that our children need us the most. They need someone to be able to lead them through the emotion, coaching them through the storm. (<https://nurtureandthriveblog.com/emotion-coaching-parents/>)

**You can be your child's emotion-coach with these 10 powerful parenting phrases.**

### **1. "It's okay to be upset — it's good to let it out."**

Your first teaching on emotions should be that they are meant to be experienced, and need to be felt. By doing this you are acknowledging and validating their feelings, and that feelings are not something to be feared or avoided. **"It seems like you are mad, it's okay to be mad." "It's good to let that anger come out." "Your face/body looks sad. It's okay to feel sad."**

### **2. "I hear you - I'm here for you - I'll stay with you."**

The best gift you can give to another human is to stay with them in their emotion. That is something we must give to our children as well - to simply be with them in that emotional space. To be there. **"Let's sit here for a moment. I'll stay with you, it's okay to feel \_\_\_\_\_. I won't leave you."**

### **3. "Let's take a breath, take a break, sit down..."**

It is difficult sitting with an emotion, but we can let them go easier if we do. If we teach our children to notice, acknowledge, and feel it, then they will release it instead of shoving it deep down where it will continue to hurt.

### **4. "It's ok to feel how you feel. It is not ok to \_\_\_\_\_."**

Sometimes it's necessary to use a clear limit in how our child expresses their emotions (but not the emotion itself). **"You look like you are really, really angry. It is okay to be angry. It is not okay to hit. I will not let you hit. Let's go over here together and you can be angry."** This is a very clear statement. Taking a break when we're angry will teach your child to give themselves a little space to breathe and time to gain perspective. During this **time-in**, you can coach your child through their anger and help them figure out a better way to solve their issue/frustration.

### **5. "How you feel right now won't be forever. It's ok to feel it for now. It'll pass, you'll feel better again soon."**

In-the-moment, your child feels as if their entire world is ending. Their emotions are overpowering and they feel that they will never feel better again. **Reminding them that their emotions will pass will help them, and might lessen the intensity of those emotions in the first place!**

### **6. "You are good and kind."**

We want our kids to know, no matter how they feel, that they are good and kind. **"You were angry and didn't mean those words about your brother. Sometimes we say things we don't mean when we are mad. You are a kind boy. What do you think would make your brother feel better?"**

### **7. "I'll be over here when you need me."**

Sometimes kids escalate their emotions for attention. This is a big clue-in for parents that your child needs some one-on-one time - but only when things are calm again. Giving unending validation and acknowledgment at times like this can backfire, potentially escalating emotion and enabling a tantrum.

### **8. "Let's have a Do-over!"**

Imagine that you are super excited for a fun activity, emotion and excitement are high! Something happens, now everyone is upset. **"Woah! This isn't the fun we had planned today, it isn't fun for anyone. That wasn't the way to handle the situation was it? She didn't mean to hit you in the eye with her coat sleeve, and you know it's not okay to hit. Let's have a do-over!! How can we do it better this time?"** Take caution - if feelings were deeply hurt, a do-over can be dismissive of the person with hurt feelings. But, so many situations are little tiffs we let get under our skin. Give your family a chance to do it over and start out on a great note!

### **9. "What is the lesson can we learn from this?"**

Teaching your child that there is a lesson when we struggle is so important - that through our mistakes, we grow.

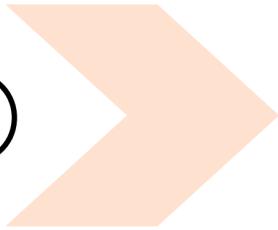
### **10. "You'll Remember Next Time."**

When you've worked through a tantrum and taught them better ways to express their emotion, before they go onto the next thing say this phrase. This gives them a sense of relief and a desire to try next time.





## Cree WORD OF THE WEEK



## Takwakin Fall

### KTC KIDS CHALLENGE OF THE WEEK

### Make a new friend this week

Whether it's a school, daycare or around the neighbourhood...  
Try and make a new friend this week! Start by saying hello and introducing yourself. You never know what you might have in common. You might also make someone else happy who needed to meet you.

### RICE KRISPIE TREAT PUMPKINS



#### You will Need:

- 1/4 cup butter
- 1 bag large marshmallows (about 50 marshmallows)
- 6 cups Rice Krispies puffed rice cereal
- Orange food coloring (or red and yellow to make orange)
- Rolos
- Green M&M's
- A bit of cooking oil in a small bowl (to keep treats from sticking to your hands)

#### Instructions

1. Line 2 baking trays with parchment paper, and set aside.
2. In a large pot over low heat, melt the butter.
3. Add marshmallows and stir until completely melted.
4. Remove from heat. Add about 16 drops of orange food coloring and mix well.
5. Add the Rice Krispies and quickly stir to combine.
6. Coat both sides of your hands with a generous amount of cooking oil, scoop a handful of the mixture into your hands and roll the Rice Krispie mixture into balls. Set on parchment paper. Add oil to your hands before rolling each pumpkin ball.
7. While the balls are still warm, gently press a Rolo candy into the top of each pumpkin for the stem. Add a green M&M beside it as the leaf.
8. Allow to cool until firm.

[www.makeitgrateful.com/food/recipes/desserts/rice-krispie-treat-pumpkins/#recipe](http://www.makeitgrateful.com/food/recipes/desserts/rice-krispie-treat-pumpkins/#recipe)

### GAME OF THE WEEK

## Autumn

### WORD SEARCH

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SCARF  
TREE  
ACORN  
HAY

APPLE  
FALL  
PUMPKIN  
SWEATER

BOOTS  
RAKE  
PIE  
LEAF

Source: <https://www.kittybabylove.com/wp-content/uploads/2017/01/Fall-Word-Search.jpg>

