

Further Resources

For more information:

<https://childbuilders.org/healthyminds>



Stream our Podcast:

<https://childbuilders.org/podcast>



Contact ChildBuilders

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You don't have to be perfect - just present.



CHILD
BUILDERS
Respect. Nurture. Protect.
— est. 1974 —

Creating Nurturing Homes for Pre-K Children

Helping young children grow through empathy,
connection, and understanding feelings.

ChildBuilders is a 501(c)(3) non-profit organization.

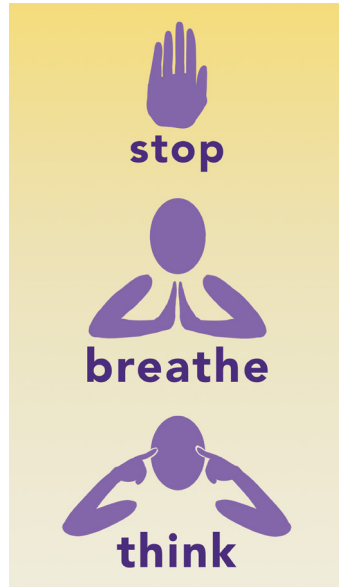
Supporting Emotional Growth

Stop. Breathe. Think.

Your child learns how to handle big emotions by watching you. Model what calm looks like.

When you're overwhelmed:

- ★ Step away
Give yourself permission to stop, walk away, pray or meditate, and collect yourself.
- ★ Breathe deeply
Inhale for 3 seconds, hold for 3 seconds, and exhale slowly for 5 seconds. Repeat this a few times.
- ★ Return calm and present
Then, you will be able to think more clearly and respond calmly.



Create Safe Spaces

Our kids need places where they are allowed to feel what they feel and be who they are.

Create a quiet space where you provide calming activities for your child such as drawing materials, Play-Doh, puzzles, and soothing music to help regulate emotions.



Make "YES" spaces where your child can move, explore, and express freely.

- ★ "Yes, you can jump here!"
- ★ "Yes, let's build together."
- ★ "Yes, here are pillows and soft things you can throw."
- ★ "Yes, I see you're upset. Let's talk."

Connecting With Your Child

Practice Empathy

We don't need someone to fix it—we need someone to feel it with us. Kids do too.

How to show empathy:

- ★ Stop and listen
- ★ Put away technology, get on your child's level and feel WITH them
- ★ Name & validate emotions
- ★ Say things like "It seems like you might be feeling overwhelmed, would it be ok if I sat with you and help you?"
- ★ Allow them to express feelings
- ★ Sit with them in tough moments
- ★ See from your child's perspective



Look Beyond the Behavior

Children's behavior is just the tip of the iceberg

When children misbehave, they are communicating strong feelings or needs. Take a moment to understand what is motivating the behavior. Addressing the feelings underneath the behavior helps your child feel understood, safe, and loved.

