

Dealing with feelings

Every person, and therefore every child, has feelings and can express them.

Is your child happy when it sees another child? Then it smiles, goes to that child and makes contact.

Is your child sad? Then it cries or crawls away. This way you know that something is going on and you can help your child.

Your child's feelings

Feelings drive your child's behavior. Without those feelings, children don't know what to do. Children are entitled to their own feelings, but they must learn to express those feelings in a good way.

Children who don't know how to deal with their feelings may exhibit problem behavior and need help. Problem behavior can arise from various causes.

Recognize feelings

Name your child's feeling when it is very young. 'What a sadness. Did you hurt yourself?' Or, "You look so scared. Are you shocked?"

Listen carefully to your child. Then you can understand and discuss his or her feelings. For example, say, "I understand that you got very angry with the teacher when you had to leave the classroom while Erica was chatting."

Also explain what the other side of the story is. For example, the teacher may not have seen or heard what was happening.

Express feelings for your child if they are unable to do so themselves. Sometimes your child doesn't know whether it's angry, or scared, or actually very sad.

Behaviour

How children show their feelings depends, among other things, on their nature, situation and culture.

The nature of your child. One child is more happy or angry than the other. That's okay.

The situation. In the stands at a football match you can show happiness more than in class.

The culture in which your child grows up and lives. For example, in some countries, boys are taught not to cry when something is wrong. In cities it is considered more normal for boys to kiss each other in public than in some traditional villages.

Pedagogical support for children aged 0 to 13 is free for parents.

So, can you use some tips and advice to support your child's development or do you have everyday questions about your child? Then feel free to contact me and together we will look for what you need.

Tot ziens,

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Source: Parenting Information Netherlands