

HOW TO SUPPORT, NOT FIX OR RESCUE

“ N.I.P. the "irrational" or otherwise emotional moments in the bud - with validation, understanding, support and then problem-solving. -Flora ”

N "I **Notice** you are frustrated/upset/didn't like that...(pause)"
"You seem (feeling word)... (pause)"

I "I'm listening. Tell me more...(pause)".
(Listening, without owning their feelings)

*If the child seems still very upset, use the "Great phrases" below for up to 5 min. If that doesn't improve them moving into prob-solving, or it escalates into demands/name-calling/hitting, etc...they may need space to calm down.

P **Problem-solving:** "How could you solve this?"

"How can we make this better?"

"What's your plan for ...?" or How can you solve this? *If they choose not to solve it, after you have given space (pause), for them to share ideas, you may try a silent 30 sec. hug or space to help them calm down.

GREAT PHRASES FOR SUPPORTING AN UPSET CHILD

It's ok to be sad/mad/frustrated... (pause. listen.)

This is really hard for you.... (pause. listen.)

This is really upsetting/frustrating/disappointing... (pause. listen.)

This is not how you thought this would go... (pause. listen.)

I'm here with you... (pause. listen.)

Tell me about it... (pause. listen.)

I hear you... (pause. listen.)

I'm listening... (pause. listen.)

I will help you work it out... (pause. listen.)

That's a big feeling... (pause.listen.)

You did not like that... (pause.listen.)

Hmmmm... Oh... Wow..... Ugh! Darn!.....(pause. listen.)

"By lending an attentive ear and firmly squeezing your lips together, or letting out a sympathetic grunt, we can help our children find their own way through their feelings. The gift we can give them is to not get in the way of their process by jumping in with our reactions, advice, questions, corrections." - How to Talk so Kids Will Listen

