

# YOUTH CONNECT 5

Supporting the emotional  
wellbeing of young people

How do I support my child  
when they are in a hard place?

Practising what to say.






Practising my listening.

How do I talk to my child?

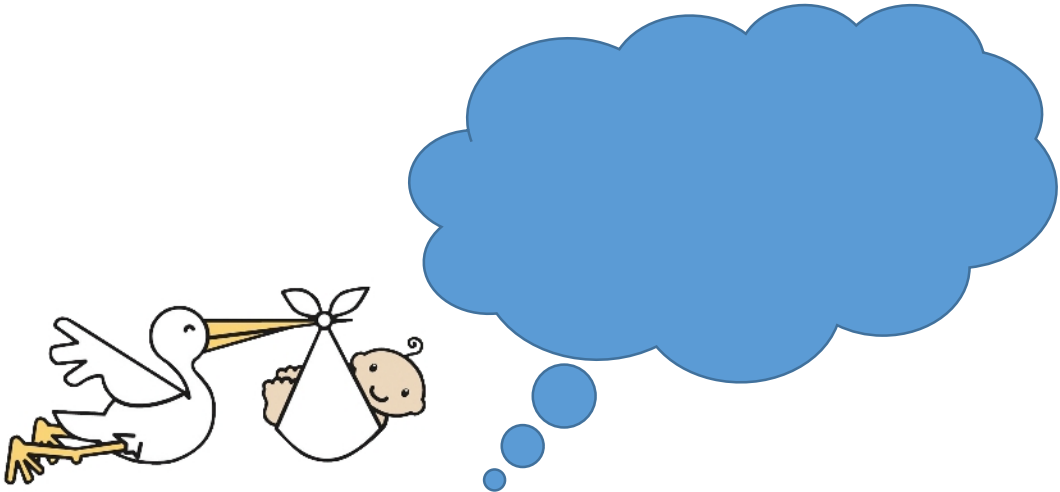
How do I listen to my child?

**Session 4**

What brings out these emotions in you?

Emotion	Situation
Anger 	
Disgust 	
Fear 	
Joy 	
Sadness 	

Which of these did you experience when you had your first child?



Think of a time when your child was very emotional (e.g. angry, suspicious or upset) and you managed to calm them down. What did you do?


Name that Feeling:



- Recognize and be aware of your child’s responses.



- Validate emotional times as opportunities for intimacy and teaching/ learning.



- Listen empathetically and validate your child’s feelings.



- Help your child to label emotions.



- Help your child to problem-solve.

# Problem Solving



Learning to problem-solve is an important skill that will help your child to cope with challenges and be resilient.

1. Decide what the problem is.
2. Ask your child for some ideas about what they could do to solve the problem. Be creative!
3. Ask your child about the pro's and cons of each one. Think about the possible consequences of each idea.
4. Ask your child to choose the best idea.
5. Help them to plan how to put it into action.
6. Review how it went - did it work? If not you could try out another solution or even go back to the original problem and see if it needs adjusting.

Remember it is important to go with your child's idea and not persuade them to follow your solutions, however hard that may be.