

What an angry child needs to hear....



“I can see this is hard for you”

- Tells the child they have your attention
- Acknowledges the child expressing their feelings
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“I care about how you feel”

- Tells the child that you are present
- Acknowledges the child's feelings
- Demonstrates compassion
- Opportunity for deeper connection



“It is OK to feel angry”

- Tells the child that all feelings are ok
- Acknowledges the child's feelings
- Gives the child acceptance of feeling angry



“Even when you feel your worst I love you”

- Tells the child that you will love them no matter how they feel or behave
- Creates a safe environment
- Deepens connection and builds trust
- Demonstrates unconditional love



“I am here for you”

- Tells the child that all feelings are ok
- Demonstrates compassion
- Deepens connection and builds trust



“I will stay with you”

- Tells the child that you are present
- Creates a safe environment
- Deepens connection and builds trust
- Demonstrates resilience and patience