



Managing a child's emotions in a positive way

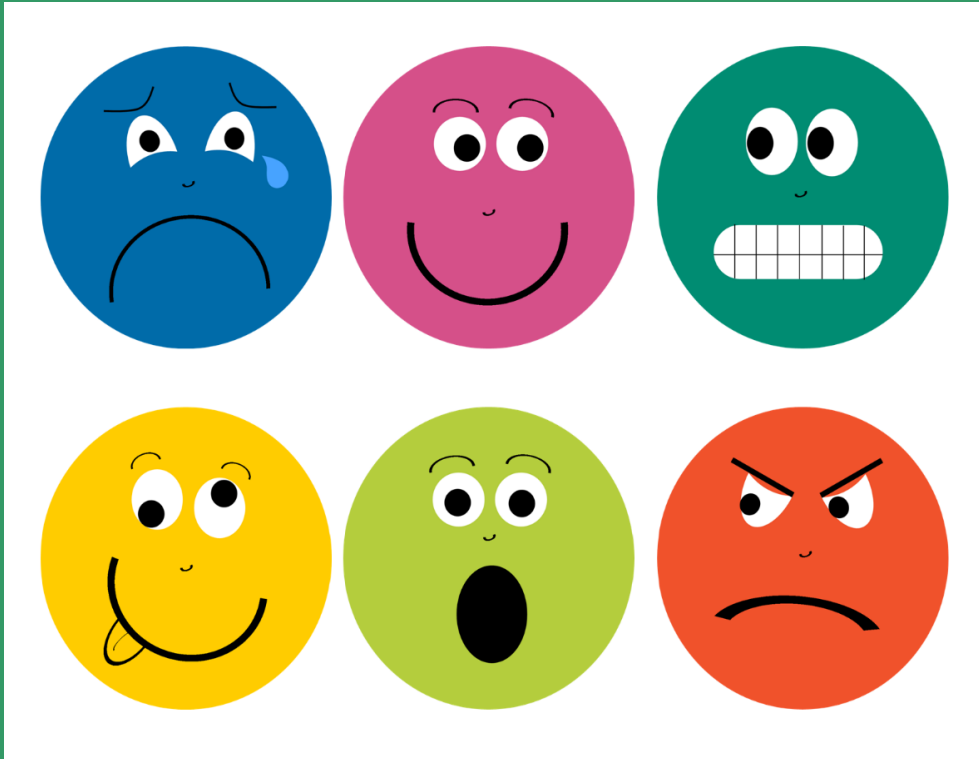
Kids need to learn skills to manage their emotions in a healthy way. It's important to teach them coping skills that can help them face their fears, calm themselves down, and cheer themselves up. Without healthy coping skills, kids are likely to act out. Also, kids who don't know how to deal with their feelings are more likely to turn to unhealthy coping strategies like alcohol or food as they grow older.

There are two types of coping strategies that the parents can use for their children to learn and apply in their lives:

- Emotion-Focused Coping Skills
- Problem-Focused Coping Skills

Emotion - focused coping skills help children to learn how to effectively manage challenges and stressors in their lives. Here are some examples of This strategy involves activities and things for children to do to help them feel better, for example:

- **Label the feelings:**



When children can identify and label their feelings, this can make them feel more in control of their emotions. They understand what they are feeling and accept emotional changes easier. It is helpful for parents to encourage their children to describe their feelings, and to listen when their children describe what they are feeling. When a parent takes the time to understand their child's feelings and the reasoning behind a child's behavior, it is the first step toward helping a child manage their own emotional well-being.



- **Breathing exercise**

Breathing exercises can help relax a child's mind and help them manage their emotions. When your child is feeling emotional, stressed, or out of control in their environment, ask them to take few deep breaths.

- Use a calm voice when requesting this.
- Model how to breathe by breathing in deeply through your nose and then breathing out slowly through your mouth like you are trying to blow a bubble with a wand.
- Repeat this several times until your child has relaxed. Make a game out of the technique and praise your child when he or she successfully completes the breathing exercise.



- Exercise

Exercise is a useful way to help children regulate their emotions and to utilize energy. Biking, walking, and running are types of exercises that help relax the minds and bodies of children.

200 RESPONSES TO *I'm Bored*

- READ A BOOK.**
- LISTEN TO AN AUDIOBOOK.**
- SET UP A SEED EXPERIMENT.**
- DO AN EXPERIMENT WITH PAPER SHAPES.**
- PLAY WITH PERSPECTIVE.**
- DO PAPER CHROMATOGRAPHY.**
- DO T-SHIRT CHROMATOGRAPHY.**
- BUILD PAPER TOWERS.**
- DO AN EXPERIMENT WITH SODA.**
- DO AN EGG DROP EXPERIMENT.**
- MICROWAVE SOAP.**
- GO TO THE BEACH.
- GO TO THE POOL.
- PLAY SNAKES & LADDERS.**
- PLAY A BOARD GAME.**
- MAKE HOMEMADE ROOT BEER SHERBET.**
- MAKE HOMEMADE ICE CREAM.**
- MAKE COLORED SALT DOUGH.**
- MAKE A TERRARIUM.**
- MAKE EGG GEODES.**
- INTERVIEW EACH OTHER.**
- MAKE MUD PIES.**
- MAKE A PICTURE WITH BAKING SODA AND VINEGAR.**
- MELT BEADS FOR SUNCATCHERS.**
- PAINT WITH COOKIE CUTTERS.**
- PLAY IN A CREEK.**
- EXPLORE COLORS WITH HOMEMADE PLAY DOUGH.**
- GO TO A CHILDREN'S MUSEUM.**
- MAKE A SIMPLE SCAVENGER HUNT.**
- READ THE RAINBOW FISH AND DO SOME RELATED ACTIVITIES.**
- GO TO AN AMUSEMENT PARK.**
- GO TO A WATER PARK.**
- BUILD AN ISLAND.**
- GROW A GARDEN.**
- DO A GIANT WORD SEARCH.**
- GROW A VENUS FLYTRAP.**
- WRITE IN A JOURNAL.**
- READ LITTLE CLOUD AND LEARN ABOUT CLOUDS.**
- GO TO THE LIBRARY.
- MAKE PAPER MÂCHÉ.
- HOMEMADE BOWLING.**
- MAKE MACARONI NECKLACES.
- LEARN HOW TO TIE DYE.**
- GO ON A PICNIC.
- GO BIRD WATCHING.
- BUILD A BLANKET FORT.
- EXPLORE A SMALL AREA IN YOUR YARD WITH A MAGNIFYING GLASS.
- GO GEOCACHING.**
- GO ON A HIKE.
- PLAY BALLOON VOLLEYBALL.
- CAMP OUT IN THE BACKYARD.
- MAKE TOY PARACHUTES.
- MAKE SOME HOMEMADE JUGGLING BALLS AND LEARN HOW TO JUGGLE.
- PLAY SIMON SAYS.
- PLAY DUCK DUCK GOOSE.
- OPEN A MOVIE THEATER IN YOUR BACKYARD. COMPLETE WITH TICKETS. BUT PLEASE DON'T

Feels Like Home

- **Creative choices for your children**

Helping your child express themselves creatively is another positive coping strategy and a good outlet for their emotions. Drawing, sketching, painting, singing, acting in a play, or even knitting or doing sewing are all examples of positive creative self-care techniques for children.



- **Reading**

Reading books can serve as an educational distraction for children who love to escape into stories. Keep a supply of books on hand that your children can go to when they need a temporary distraction, a quiet break from the world around them, or just a way to transition between activities.

- **Sports and being physical**



Keeping your children active in sports or physical activities such as basketball, soccer, enjoying a playground, jumping rope, riding a bike, or even walking round their neighborhood will keep their minds in the present and focused on the

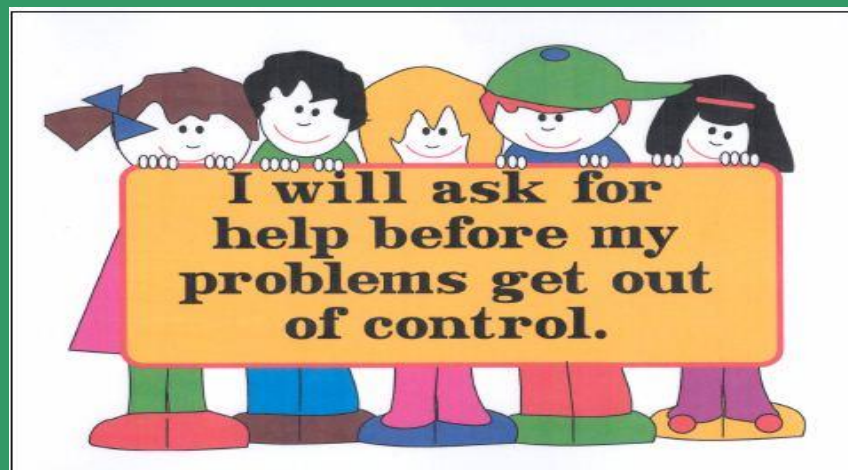
positive things they are doing. Being mindful of their limitations because of their scleroderma and helping them to select appropriate activities will assure they do

not get frustrated or feel left out of groups. Finding ways to modify activities so your child can participate may involve seeking the advice of their medical team.

Problem focused coping skills help in reducing the source of the stressors for the children. It involves taking actions to change situations where or when the child feels uncomfortable.

These skills may include talking with a teacher or authority figure about a bully situation that are encountering, learning to make healthy friendships, and managing to end those relationships that are not healthy friendships or providing your child with positive influences.

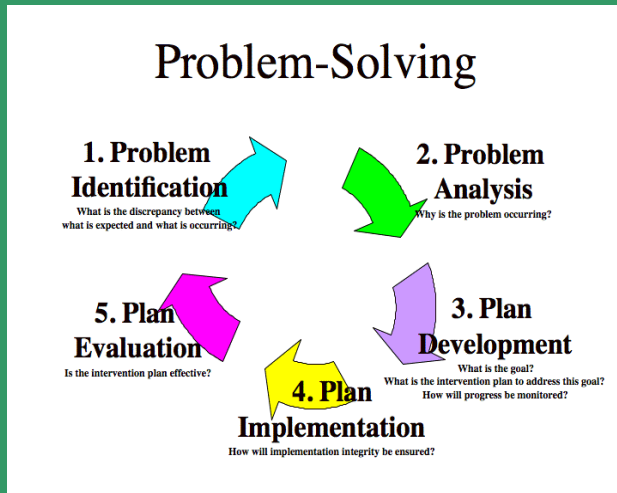
Here are examples of problem-focused coping skills:



- **Ask for help**

Teaching your child to ask for help when he/she needs it will guide them in learning to problem solve areas of concern in their lives. Work with your child and assist him or her in identifying adults that can aid if needed.

- Engage in problem solving



Your child may face obstacles during their day at home or school and it is important for them to know how to solve problems or challenges. When your child is facing a problem and does not know how to solve it, give him/her 4-5 solutions and help him to choose one. Over time, he/she will get better in solving problems. Role play with your child and have him or her act out different situations they are experiencing. Role playing will help your child learn how to manage these situations with less fear and anxiety. Define an age appropriate problem-solving technique that will work for him or her.

<https://www.thehelpfulcounselor.com/18-coping-skills-strategies-for-children-and-teens/>

<https://www.verywellfamily.com/coping-skills-for-kids-4586871>

<https://nami.org/Blogs/NAMI-Blog/December-2018/5-Things-You-Can-Do-to-Help-Your-Child-with-Depression>