



## EMOTIONAL COMPETENCE



Composed of **emotional regulation** - addressing one's emotions instead of suppressing them and **self-regulation** - controlling behavior in opposition to the emotions one is feeling. In order to respond appropriately and advantageously to all situations, a child must be aware of their emotions and able to control impulses

### Role-Model

- Be conscious of how you display your own emotions in front of your Little.
- Talk through how you feel, especially when sad, disappointed or angry. Explain and how you process emotions in a healthy way.
- Explain or show how you process your emotions in a healthy way

### Actively Listen

- Tell your Little that they might fail and it's ok. Reframe failure as an opportunity to learn and grow.
- Create a safe space for the Little to share how he/she is feeling and let them know you're there if they want to talk, but let he/she decide when that will be.
- Be a gracious loser when playing games or contests.
- Realize that your Little might display his/her emotions in a different way than you do. Help your Little explore healthy coping skills.
- Take a Little's lead on how he/she is feeling and always validate and empathize with their feelings.
- Give your Little time to calm down before addressing his/her negative behaviors. Later on, reflect on their attitudes, previous choices, and the consequences. Ask open- ended questions about other ways to deal with emotions.

### Provide Opportunities

- Do activities that are within your Little's abilities and don't set unrealistic expectations.
- Anticipate when a stressful or emotional situation might occur (e.g. anniversary of a lost love one or has the MCAS coming up) and.
- Plan cathartic outings aimed at releasing tension / stress or positively expressing emotion (boxing class or painting).