Parent Tips to Support Social-Emotional Health

★ Learn to speak the language of emotions by recognizing emotions in yourself and others

★ Develop rituals – predictability lowers anxiety

★ Encourage feelings of competence – we can do hard things

★ Practice acceptance – I can manage the hurt and frustration that comes with failure

★ Resilience is the ability to cope and rebound from stress to a new – not previous – effective way of being

★ Each family member is responsible for their own self-care

★ Avoid regression – remember the importance of your child’s primary goal of individuation and separation from the family to achieve the goal of self-identity

★ A solid family foundation – based on a clear understanding of roles, expectations, and shared values – helps to weather any storm, because the storms will come.

Credit: Tracey Masella, LCSW
https://tracey.masella.lcsw.com/

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