

COMING TOGETHER

Parent Tips to Support Social-Emotional Health

Please complete our program evaluation:



- ★ 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://traceymasellalcsw.com/>

