Big feelings: Take 1 Moment

- Infants and toddlers have big feelings that they don't always understand.
- It can be difficult sometimes, but it's important to try to understand what your child is thinking or feeling.
- Managing big feelings is an important lifelong skill to teach your child.
- As a parent, it's important to regulate your own feelings before helping your child.
- It's OK to take one moment to pause and think before responding to your child. Parenting takes patience!

Adapted by the Central Iowa **ACES 360 Pediatric Project** from Kelly, et al., *Promoting First Relationships in Pediatric Primary Care 2013.*



CC-123 Reflective Parenting for Resilient, Nurturing Families

CONNECTIONS

Reach out to friends and family when you or your child are feeling stressed. Connections provide the support we all need to get through adversity!

C

3 WAYS

What are three ways you can show your child you love them every day?

COPING

Children and parents both need coping skills to calm down when stressed, and "self care" activities to help deal with adversity. What are yours? Help teach your child selfregulation skills.

2

2 ARMS, 2 EYES

Physical touch is important for nurturing and showing affection. Make sure to be present for your child every day. Make eye contact and give them lots of "positive touch" like hugs.

1 MOMENT

C

Take a moment when your child is stressed to ask "What does my child need from me? What are they trying to tell me? What can I do to help them?"



Adapted from Ken Ginsberg's 7 *Cs of Resilience* by Central Iowa **ACES 360 Pediatric Project**