



# 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.



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## Reflective Parenting for Resilient, Nurturing Families



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

