

HOW TO SUPPORT YOUR CRYING CHILD INSTEAD OF TELLING THEM TO STOP



YOU ARE SAFE



I CAN SEE HOW
HARD THIS IS FOR YOU



I AM LISTENING



I UNDERSTAND



I AM HERE FOR YOU



IT CAN FEEL UNFAIR
WHEN.....



IT'S OKAY TO FEEL
SAD/ANGRY, HURT.....



IT'S OKAY IF YOU
WANT SOME TIME
TO YOURSELF, I WILL
BE IN THE NEXT ROOM
IF YOU WANT ME



I CAN SEE HOW UPSET
YOU'RE FEELING



I CAN SEE THIS IS A
STRONG FEELING,
WOULD YOU LIKE TO
TALK ABOUT IT?



SO, YOU'RE FEELING
ANGRY THAT.....