



## **Understanding Child Brain Development**

1. Explain in your own words why children need guidance and support to learn emotional regulation skills.

2. Describe how understanding brain development might change the way you respond to your child's emotions.

3. List three age-appropriate strategies for helping your child regulate their emotions.



## **Responding to Children's Emotions**

1. Write down three statements that show empathy and validation towards your child's emotions.

2. Describe a recent situation where your child experienced strong emotions. How could you have responded with empathy and collaborative problem-solving?

3. List three open-ended questions you can ask your child to help them feel heard and understood during an emotional situation.



