



## FAMILY GUIDE TO DEALING WITH BIG FEELINGS

Parenting is filled with many personal decisions. Each family has its own unique culture and values. There's no such thing as perfect parenting and there are no right answers! There's much we can learn from one another if we share our ideas and strategies with an open mind and open heart.

Sharing our failures and successes can provide invaluable support and help us feel like we are in this together!

### CONSIDER THINKING THROUGH THESE QUESTIONS YOURSELF AND TALKING ABOUT THEM AS A FAMILY

- What big feelings occur in your family life?
- Which intense emotions are the most challenging for you? For your children?
- What typically happens when those intense feelings occur when you or family members are at their best?
- What typically happens when family members are tired, hungry or otherwise, not at their best?

### RESOURCES FOR DEALING WITH BIG FEELINGS

- Parent FAQs on "Big" Feelings
- Parent Tips on Responding to Big Feelings
- Family Dialogue: Tantrums
- Family Dialogue: Sibling Rivalry

