



**YOUR 1
STATEMENT
TO GET
FEWER
TANTRUMS**

Keys within



I can see you are really...

What is so awesome about this statement? Starting with this statement and fill in the blank with the appropriate emotion - listed below. It will help your kids (and partner) feel seen, understood and connected. No need to worry about getting it right, they'll correct if your wrong...and that is wonderful, it leads to conversation, open dialogue and healthy relationships.

Use this in times when feelings are really big and supporting emotional regulation. This can be a moment when we, as parents, are also feeling overwhelmed and at a loss.

Its also vital to use this in times when feelings are easier to deal with, but naming them is still important.

Accept all emotions.

Set boundaries with there expression. ie "I can see you are really angry at mummy, that is ok, but you cannot hit/kick/yell at mummy."

When emotional connection is felt, the tantrum will be shorter, as they feel 'got' and understood and with time tantrums will be fewer as they'll learn through your modelling how to deal with emotions.

SAD:

- **ANGRY**
- **FRUSTRATED**
- **UPSET**
- **DISAPPOINTED**
- **LONELY**

HAPPY:

- **ENTHUSIASTIC**
- **LOVING**
- **THRILLED**
- **HOPEFUL**
- **GRATEFUL**

HURT:

- **JUDGED**
- **FORGOTTEN**
- **IGNORED**
- **OFFENDED**
- **MISTREATED**

HELPED:

- APPRECIATED
- UNDERSTOOD
 - LOVED
 - ACCEPTED
- EMPOWERED

INSECURE:

- SCARED
- ANXIOUS
- FORCED
- NERVOUS
- WORRIED

CONFIDENT:

- STRONG
- BRAVE
- PREPARED
- AT EASE
- RELAXED

TIRED:

- **BORED**
- **SICK**
- **BURNED OUT**
- **EXHAUSTED**
- **DRAINED**

ENERGISED:

- **DETERMINED**
- **CREATIVE**
- **FOCUSED**
- **MOTIVATED**
- **ANIMATED**

Remember, acknowledging the feeling will help your child feel safe.