



# GUEST POST



## 3 EASY WAYS TO CONFIDENTLY CALM YOUR CHILD IN A MELTDOWN

When a child has a meltdown, it's easy for a parent to feel frustrated and overwhelmed, especially when going through a divorce or separation. You desperately want to know what to say or do to help the child calm down and be happy again.

Divorce or separation causes change and uncertainty, and both can bring up a combination of difficult emotions for you and your child.

Many children sometimes find it hard to deal with difficult emotions like anger, hurt, Disappointment and fear, especially when these feelings are intense. They can easily become overwhelmed and spiral into a meltdown, resulting in crying, yelling, hurting others or themselves, throwing things or sometimes a combination of these.

Children who learn to deal with their difficult emotions well, tend to be more resilient and can cope better with change and uncertainty. You can help your child build resilience and strengthen their emotional muscle by helping them understand what they are feeling and how to deal with their emotions.



# 1

## ACCEPT ALL THEIR EMOTIONS BUT NOT BEHAVIOURS

It's important to distinguish between an emotion and a behaviour. For example, say a tennis player hits the ball, and it goes outside the line. The player gets so angry, disappointed and sad that they throw their racket on the floor and start yelling at the umpire for calling it "out".

Are the emotions that the player felt bad? No. But what they did as a result of these emotions was inappropriate.

Emotions are not the same as behaviour. Our children need to know that feeling angry, sad or disappointed is normal and okay, especially when going through a divorce or separation. Normalising their experience tells them that it's okay to feel the way they are feeling. This allows their emotions to be processed instead of being suppressed, which in turn reduces out of control behaviour.



## 2

### **ARTICULATE THEIR EMOTIONS**

Having a large emotional vocabulary is the same as having a large English vocabulary. You are able to communicate better with others and can express yourself clearly and precisely. By accurately naming their emotions, you can help your child develop a large emotional vocabulary.

You can say, "I'm guessing you are feeling...", and then name the emotions that you think they might be experiencing.

By doing this regularly, you can help them develop a list of words that could be used to describe their feelings clearly and accurately. This will help your child understand what they are feeling and can lead to them managing their emotions better.

For a comprehensive list of emotions, you can go to my website [www.lidiageorgy.com/resources](http://www.lidiageorgy.com/resources) and download a printable poster of words.



# 3

## ALIGN WITH THEIR VALUES

Help your child understand why they are feeling the way they are feeling. Many of our difficult emotions surface because something we need is not being fulfilled. When you help your child identify the values that are not being met, they begin to understand themselves deeply; they are better able to process their emotions and start to develop problem-solving skills. When you know what the issue is, you are halfway to solving it.

After stating how they are feeling (as with the previous step), you can add to it by saying: *"And you want..."*.

For a printable list of values go to: [www.lidiageorgy/resources](http://www.lidiageorgy/resources).





Starting with these three steps will develop your child's ability to deal with difficult times and teach them the necessary skill to equip them for a better life. It's important that your child can deal with life's ups and downs and this is a good opportunity to help them grow and develop their ability to deal with difficult emotions.

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