



- **Notice out loud.** Tell your child when you notice that something's bothering him or her. Be sympathetic.
- **Listen.** Ask your child to tell you what's wrong. Listen attentive and calmly. Try to get the whole story by asking questions.
- **Comment briefly on the feelings you think your child was experiencing.** Doing this shows that you understand what your child felt and that you care. Feeling understood and listened to helps your child feel supported by you.
- **Help your child think of things to do.** If there's specific problem that's causing stress, talk together about what to do. Encourage your child to think of a couple of ideas. Support the good ideas and add to them as needed.
- **Listen and move on.** Sometimes talking and listening and feeling understood is all that's needed to help a child's frustrations to melt away. Afterwards, try changing the subject and moving on to something more positive and relaxing.
- **Limit stress where possible.** If certain situations are causing stress, see if there are ways to change things.
- **Just be there.** Even when kids when kids don't want to talk, they usually don't want parent to leave them alone. You can help your child feel better just by being there and spending time together.