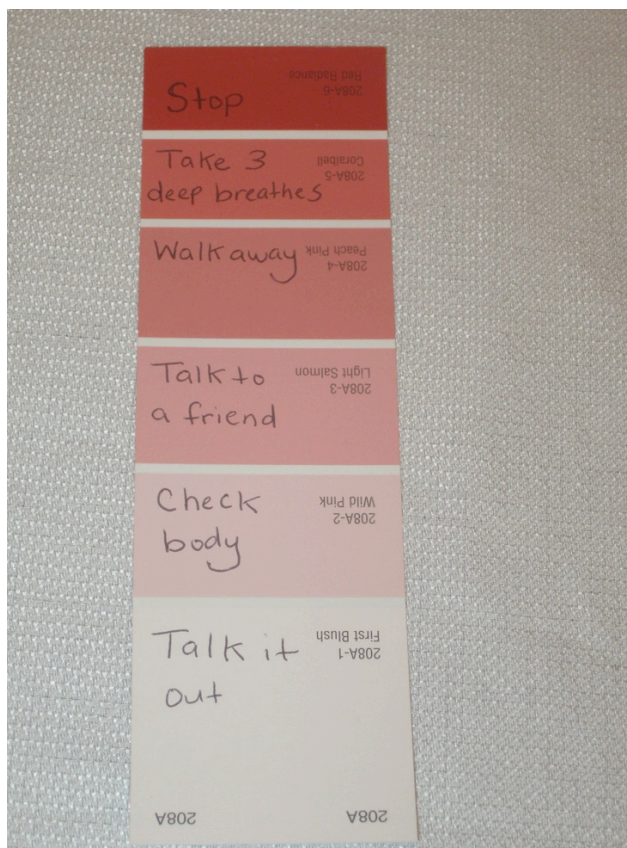


FASD Tip sheet



Managing Emotions

- **Stop, take a break**
- **Breathe**
- **Model Calmness**
- **Have Time For Both You and Your Child to Exercise**
- **Allow Your Child to Move Their Body in a Safe Manner.**
- **Have Comforting Smells Available for Your Child**
- **Create a Safe Place for Your Child to Express Their Emotions**
- **Teach Children Different Ways to Express their Emotions**
- **Identify Emotions That the Child or Youth is Feeling**
- **Teach Your Child to Identify Emotions in Other Individuals.**
- **If You are Trying to Change a Behaviour Provide Your Child with An Appropriate Alternative Behaviour to use**
- **Create a Feelings Dictionary or Book**
- **Have Your Child Keep a Journal**
- **Have Your Child Talk to Someone They Trust**
- **When You are Feeling Overwhelmed, Exit and Calm Down Before Interacting with Your Child.**
- **Learn Your Child's Early Signs of Being Out of Control**
- **Use Open Communication with Your Child and With Other Caregivers.**
- **Follow Through with What is Being Said**