

EMOTIONAL MILESTONES

ARE MY KIDS ON TRACK?

With David Thomas & Sissy Goff

Emotional Milestones Overview

There are four emotional milestones children need to reach:

1. Vocabulary
2. Perspective
3. Empathy
4. Resourcefulness

Learning an emotional vocabulary involves answering the questions:

- What am I feeling?
- What do I do with it?

A feelings chart is a great way to help kids name their feelings.

Practice doesn't make perfect. Practice makes progress.

TIP: Download a feelings chart and place it in a prominent place in your home. Use it as a resource to help your child name what emotion they are feeling.

Emotional Stumbling Blocks

Generally speaking, boys can have a tough time expressing their feelings, and girls can have difficulty controlling their feelings.

If you don't process your emotions, your emotions will process you.

Kids' Stumbling Blocks:

1. The culture they live in
2. The words they use
3. A lack of resilience

Adult's Stumbling Blocks:

1. Over-attending
2. Under-attending

As a parent, do you lean toward over-attending or under-attending to your child's emotions?

What our kids need from us is attunement and consequences.

Emotional Building Blocks

As parents, we need to give our kids:

1. A Scale for Self-Regulation (a Drama-Mometer)
 - a. Define their 1-10.
 - b. Listen.
 - c. Go back to the scale.
2. Time, Space, and Coping Continuum
 - a. Give them time to self-regulate.
 - b. Give them space to self-regulate.
 - c. Give them coping skills to move toward resourcefulness.

TIP: Check out the book *Are My Kids on Track?* for more than 40 practical ideas to help kids reach emotional milestones.