PEAK MOMENT:  
COPING WITH STRONG EMOTIONS

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Newsletter content

LEARNING TO COPE WITH FEAR, ANGER, SADNESS – KEY LIFE SKILLS

Emotional coping skills equip children and teenagers to handle life’s ups and downs. Right from the start, a positive learning environment helps children start to develop these skills. Feeling secure, loved, and valued gives children a solid foundation. Learning to express and manage strong emotions in appropriate ways, without hurting others or themselves, is another skill that children can be supported to learn. Over time, children can also learn from the way adults around them react that occasional setbacks are a normal part of life and problems can be solved. And that helps them in the long term, too.

As parents, it’s not easy to see our children experience uncomfortable or unpleasant emotions like fear, anger, sadness, or disappointment. At the same time, we have to get the balance right between comforting and reassuring them, and giving them confidence in their own ability to handle challenges. When children are able to work out ways that THEY can deal with difficult or challenging situations, with just enough support from you, they start feeling more confident. Encourage kids to work towards achievable goals, and celebrate not just success but also effort and persistence. This helps build confidence and self-esteem.

With any type of Triple P program comes better relationships and more positive interactions, and that helps increase a child’s or teenager’s emotional resilience. Very soon, we’ll also have a new program, Fear-Less Triple P, which helps more specifically with children and teenagers who have anxiety.

There are many ways parents and caregivers can help support children’s and teenagers’ emotional and social development. You can read more about this topic on the [Triple P website](https://www.triplep-parenting.com/us-en/get-started/hot-topics-about-raising-children-and-teenagers/coping-with-fear-anger-and-sadness/?itb=ff1f3e444a6ff6fe872f07716803ae18).



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