

*big feelings are...*

- Big. Kids experiences them as very intense, and might not know when they will end or what to do to manage them.
- Part of human development.
- Opportunities to help children learn to navigate a range of emotions.

*stay connected during big feelings...*

- Many parents want to disconnect (time out, thinking time, ignoring) but your big kid or teen needs you to stay connected through and with the feeling.
- Children may want to turn away from parents during big feelings, it's important for adults to attune to kids and process big feelings in connection.
- Big feelings on the part of our children can be activating for us, make sure you have a self-care plan in place.

*co-regulation*

Co-regulation is how we attune ourselves and our interactions to the people around us, to maintain regulation. Parents co-regulate with their children in every interaction: each time you play a game, mediate an argument, or have a conversation with your kids, you co-regulate. Your emotions, and the way you carry yourself- matter. Co-regulation is key for all children's social and emotional development- from birth on up through the life span, even into adulthood!

