



Emotion Validation

What is it?

Paying attention to emotions, and assuring your child it's ok to feel them.



Nearly half of children today don't feel supported with their emotions.

Why is it important?

It can help you and your child to:

- Connect with emotions and each other
- Get through tough moments
- Develop emotion regulation skills

It can sound like:

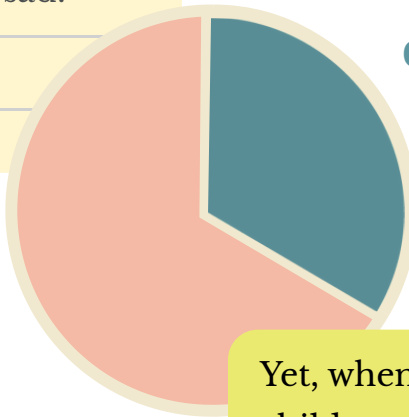
- ✓ It seems like you're feeling sad?
- ✓ That sounds tough.
- ✓ I'm here for you.

What is it NOT?

Dismissing or minimizing emotions.

This can sound like:

- ✗ You're overreacting.
- ✗ Get over it.
- ✗ Don't be mad.
- ✗ Go to your room.
- ✗ Stop sulking.
- ✗ Pull yourself together.
- ✗ I'll give you a reason to cry.
- ✗ Snap out of it.



Only 1 in 3 children describe their interactions with caregivers as emotionally validating.

Yet, when caregivers validate emotions, children tend to relax and become more **emotionally aware**.

Watch the Validation video



How to do it

1. Listen

Notice your child's emotions, not just their behaviour.



Emotion Validation following an outburst:

2. Label

Help your child identify the emotions they're feeling.

It seems like you're really frustrated.



3. Validate

Step into your child's shoes and show empathy.

I get why you're frustrated. You wanted it to go differently.



4. Problem Solve

After connecting, support your child to make a plan.

Let's think of what we can do next time when it seems unfair.



Try using the Emotions Wheel



Download the Wheel!



Determinants of
Child Development Lab



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