Supporting Children and Youth to Manage their Emotions: The Power of Parents & Caregivers

Where to Learn More

Learning How to Manage Your Emotions as a Parent

- Managing Your Own Emotions: The Key to Positive, Effective Parenting (From: Zero to Three)
- Managing Emotions as Parents (From: PBS.org)
- Parents, Manage your Emotions: Challenges, Practices, Importance, Benefits and More (From: Parent Circle)

Helping Your Child and Youth Manage Emotions

- Emotional Regulation in Children: A Complete Guide (From: Parenting for Brain)
- How Can We Help Kids with Self-Regulation (From: Child Mind Institute)
- How to Help Kids Understand and Manage Their Emotions (From: American Psychological Association)
- Moods: Helping Pre-Teens and Teens Manage Emotional Ups and Downs (From: Raisingchildren.net.au)
- How Can I Help My Teen Manage Their Strong Emotions (From: Psychology Today)
- Emotions (From: Encyclopedia on Early Childhood Development)
- Embracing the Early Years - Responsive Calming Strategies (From: ASCY)

Other Resources on Child Well-Being

- Sacred and Strong - Childhood (From: First Nations Health Authority)
- Social and Emotional Learning: Supporting Kids at Home and School (From: Kelty Mental Health)
- Encyclopedia on Early Childhood Development (From: CEECD)
- Parenting Guides to Support Your Child’s Academic, Physical, and Social-Emotional Growth (From: Today)

Selected Research References


