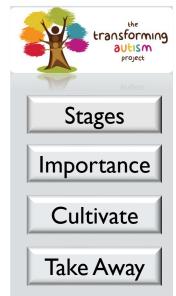
### SUPPORTING YOUR CHILD'S EMOTIONAL DEVELOPMENT

#### OVERVIEW

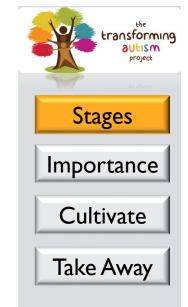
 Ability to recognise, express and manage feelings at different stages of life and to have empathy for the feelings of others

 Children learn how to develop emotionally over time by how you as a parent respond and interact through natural everyday interactions



### STAGES OF DEVELOP-MENT

 Managing their physiological and emotional states (predictability and stability)



Forming an emotional bond, falling in love, intimacy, connections
Growing a sense of self and other
Ability to share creative ideas
Ability to think in abstract terms
Spirituality

# VISUAL

#### YOUR IMPORTANT ROLE

- No one is more important than YOU in supporting your child's emotional development
- Children learn to respond how to respond and manage emotions from your example
- Only YOU can offer your child a uniquely loving and intimate relationship that will support your child throughout their life
- Embark on a journey of discovering who your child is and embrace your child as he/she is and offer unconditional love

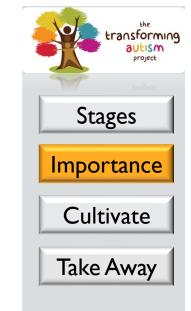


#### YOUR IMPORTANT ROLE

 Help your child understand what they sense, what their feel, and their unique experience of being in the world

 Employ loads of physical activities to support a pleasant sense of being in a body to help their own self-registration

 Take in your child's signals, each of them is an opportunity to connect. Mirror your child's attempts to communicate both verbally and nonverbally



# VIDEO EXAMPLE:

HTTPS://WWW.YOUTUBE.COM/WATCH?V=PER3FA\_MTO8

### CULTIVATE.

# • Consciously cultivate self compassion and self care...

Supporting your child may be extremely demanding at times. Take care of your physical and psychological needs, establish a solid support network for yourself and your child

- Cultivate a sense of inner well being to be able to be fully present for your child in a moment
- Cultivate moments of mutual joy. Silly, simple, down on the ground and repetitive is FINE

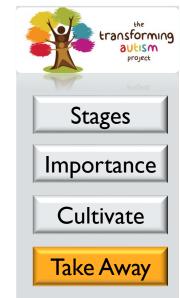
	the transforming autism project
Stages	
Importance	
Cultivate	
Take	Δωαγ

### TAKE AWAY (IN PRACTICE)

Outilize time your already have with your child during everyday routines and activities to pay very close attention to your child to create a shared emotional experience

oIntentional 5 minutes

OAcknowledge and label



### THANK YOU. QUESTIONS?