

SUPPORTING YOUR CHILD'S EMOTIONAL DEVELOPMENT

Transforming Autism Project

Stages

Importance

Cultivate

Take Away

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

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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

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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

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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 non-verbally

VIDEO EXAMPLE:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=PER3FA_MTO8](https://www.youtube.com/watch?v=PER3FA_MTO8)

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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

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TAKE AWAY (IN PRACTICE)

- Utilize time you already have with your child during everyday routines and activities to pay very close attention to your child to create a shared emotional experience
- Intentional 5 minutes
- Acknowledge and label

**THANK YOU.
QUESTIONS?**

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