PEAK MOMENT

November 2021

Newsletter content

KIDS FEELING UNCERTAIN, WORRIED, STRESSED? SUPPORT THEIR COPING SKILLS!

**As we enter another winter of COVID-19, kids and teenagers need help to cope with uncertainty and worry.**

How can kids learn to recognize, express, and cope with feelings? Learning to manage uncomfortable emotions takes practice. It’s much easier when children know they are loved and valued. Having a family where kids can talk about their emotions helps a lot. They need to know it’s okay to express a range of feelings, in ways that don’t hurt others.

Even uncomfortable feelings can be managed. Kids can learn to tolerate some uncertainty. Other feelings such as anger, worry, sadness, confusion, and embarrassment can be uncomfortable. Over time, children can also learn that these (like all feelings) will pass. Children and teenagers learn a lot from the adults around them, just by watching and listening. We all have ups and downs sometimes, but we can use problem-solving skills to help us cope.

Learning these skills help children to cope with what’s happening right now. They also help them cope with future challenges.

There are practical, easy-to-use tools you can learn by doing a Triple P Positive Parenting Program. These help you support children’s emotional wellbeing, even in times of stress. You choose what suits you and how to apply it.

There are different ways to get Triple P parenting tools in Orange County. Choose what positive parenting tools you’d like to use with Triple P! [Read more on this topic on our website.](https://www.triplep-parenting.com/oc-en/hot-parenting-topics/my-child/coping-with-fear-anger-and-sadness/)

FREE access to the Triple P – Positive Parenting Program® is funded by the Orange County Health Care Agency.