

Emotional coaching with my 6yr old before bedtime!#healthyparenting#parentingtips#positiveparenting

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=70URIWP_V0W](https://www.youtube.com/watch?v=70URIWP_V0W)
https://www.youtube.com/watch?v=70uRiWp_V0w

SUMMARY

The conversation focuses on distinguishing between acceptable emotions and unacceptable behaviors in a household. While expressing emotions like crying is encouraged, actions such as hitting, yelling, and throwing things are not tolerated. The discussion emphasizes finding healthy ways to manage anger and frustration.

- Crying and expressing emotions are allowed.
- Unacceptable behaviors include hitting, biting, pinching, throwing, and yelling.
- Parents encourage children to recognize and manage their emotions.
- Healthy coping strategies include using pillows to release anger.
- Breathing techniques are suggested as a way to calm down when feeling angry.
- The importance of discussing and understanding family values regarding behavior is highlighted.

Is crying allowed in this house? >> Yes, mama. >> It's allowed in this house. While crying, hitting, biting, pushing, pinching, throwing things, yelling at other people, being extremely rude, and saying hurtful things. Is it allowed in this house? >> No. >> No. It's not part of our values, right? >> No. All behaviors are not okay. All emotions are okay. >> Absolutely correct. So, what are the not okay behaviors? What are what are some of the behaviors which are not okay?

>> Hitting. >> Hitting. biting. >> Biting. >> Pinching. >> Pinching. >> Being rude. >> Being extremely rude and hurtful. >> Scratching. >> Scratching and throwing things. Right. >> Throwing books. >> Throwing books. >> Papers, art stuff, throwing everything. >> Yeah. None of the throwing is okay. None of the yelling is okay. But now when you end up doing it, let's say >> so not okay. All the emotions are okay. >> Absolutely. Right. At that point when you got angry instead of yelling, screaming, >> I could have hit the pillows.

>> You could have punched the pillows. What else you could have done? >> Hit the pillows. >> Okay. Hit the pillows. Punch the pillows. >> Pinch the pillows. >> Pinch the pillows. Okay. >> Because pillows are >> So everything with the pillows. Let's imagine there's no pillow and you're really angry. What are things you can do? >> You're in the airport. There's no pillow. What you going to do when you're getting angry? Mama has taught you many strategies. Try to think about some of them.

>> Breathe. Breathe.