

The Real Reason Kids Spiral Over Nothing

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=BPHYKLFpDS4](https://www.youtube.com/watch?v=BPHYKLFpDS4)
<https://www.youtube.com/watch?v=BpHYKLFpDS4>

SUMMARY

Emotions are contagious, and children learn appropriate emotional responses from adults. By modeling calm and measured reactions to disappointments, parents can teach children how to navigate their feelings in a healthy way.

- *Children observe and mimic adult emotional responses.*
- *It's important to reflect stability and calmness in the face of their emotional outbursts.*
- *Acknowledge children's feelings without validating extreme reactions.*
- *Responding with empathy helps children understand appropriate emotional responses.*
- *Avoid dismissing or minimizing their feelings by comparing them to larger issues.*
- *Offer constructive alternatives or solutions to their problems.*
- *Teach children that it's okay to feel disappointed but to manage their reactions appropriately.*

Emotions are contagious and children are learning from us what's emotionally uh viable, acceptable, healthy. What is a good emotional response to something? So, if we can reflect back more stability, right? Like, I'm not running around like a chicken without a head. It's okay. Okay, so they didn't invite you. Okay, so you didn't make the team. Okay, so you didn't get the blue cup, right? Something a little bit calmer. It's like I know that was a bummer.

Okay, it's appropriate to respond in a way that basically respond respond to the appropriate reaction, not to their reaction. Okay? So, SAY MY CHILD'S LIKE, "AH, [screaming] I DIDN'T GET THE blue cup. Tragedy, disaster strikes, catastrophe, and they're going all out on the blue cup." I might respond by saying, "Gh, it's annoying to not get what we want, isn't it? Uh, you really like the blue cup. didn't get it. Bummer. Okay, I'm not responding to that because that is an inappropriate emotional reaction. So, I'm not suppressing it. I'm not shutting it down like, "SHUT UP. DON'T TALK. YOU CAN'T SAY THAT. YOU'RE BEING CRAZY. DO YOU KNOW THERE ARE STARVING children in Africa, right? I'm not saying that, okay? But I am saying, yeah, not getting our preference kind of sucks sometimes.

Good news is we have the orange cup and you know if you want you can go to the dishwasher and get the blue cup out and wash it yourself and then you can have it right. So it's our emotional response that guides them and teaches them what is what is the right reaction? How angry should we be right at at this scenario?