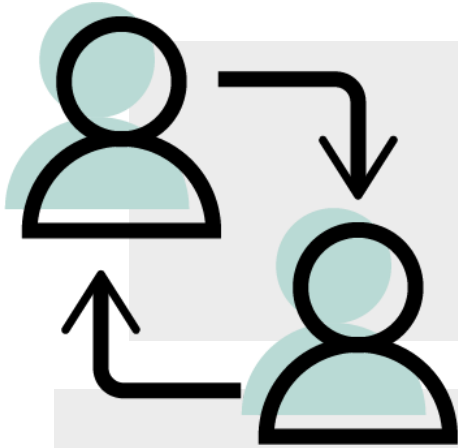


# LOVE your child

## EMOTIONAL FIRST AID SKILLS



### LISTEN

Using your listening skills, try to listen to what your child is saying and not saying.

### OBSERVE

Notice any changes in your child's body language, clothing, hygiene habits, friends, responses, and anything else that is a change from your child's normal functioning.



### VALIDATE

Read the different emotions they are expressing or that you are seeing, and normalize them. Acknowledge what you have observed.

### EMPATHIZE

Show that you not only recognize the different emotions but you are here to understand where they might be coming from. Allow yourself to imagine what it might be like for your child to experience whatever they are experiencing.

