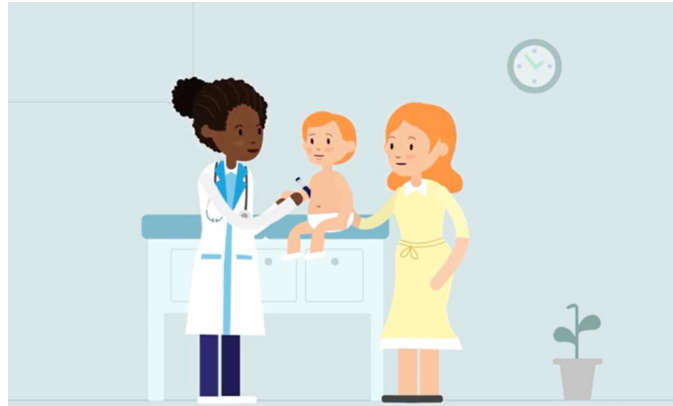


# Provider Tip of the Week

October 13, 2021



## Understanding & Labeling Emotions

Labeling emotions is a great way for parents to promote secure attachment, self regulation, and perspective taking skills. Labeling and validating a child's emotions helps them to feel heard and understood, to learn about how to regulate their own emotions in the future, and to understand the emotions of others. Keep reading to learn how you can model labeling emotions during your next visit:

- **Empathize with fears** - Vaccine administration is one of the more stressful events for both caregivers and children during a well-child visit. If a child is upset, you can acknowledge their feelings and say, "I know that made you upset. I am sorry that was painful. You were so brave!"
- **Discuss parental self-regulation** - You can tell families that in upsetting situations, children take cues from their parents. By modeling calm, adaptive responses, they can not only soothe their child, but also serve as potential role models. They can say, "I know you are nervous about being at the doctor. I get nervous sometimes too, so the first thing I do is take three deep breaths to calm myself down."
- **Model explaining how a child's actions make others feel** - You can promote the development of perspective taking skills by labeling your own emotions in the visit. You can say something like, "When you told me about all the healthy foods you've been eating, it made me feel so proud!"



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