



Overmonnow Wellbeing Support

Support for Parents/Carers supporting a child through **big feelings**, including **tantrums**

Websites:

A really useful guide to how children experience anger and how to help them from **Young Minds**

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anger/>

It can be very difficult to know how to respond when a child is displaying their anger through a **tantrum**.

There is some great advice here from the **NSPCC** <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/cope-with-tantrums/>

Action for Children have a really useful website with lots of supportive articles about all sorts of challenges children experience and how to help as a parent/carer.

<https://parents.actionforchildren.org.uk/emotional-wellbeing/>

Telephone support:

MCC Building Strong Families are a brilliant organisation who can provide support and advice. You can find them on Facebook (where they post lots of really helpful resources). They run a family advice line Mon - Fri 10am - 3pm. Call 01633 644152/ 07970166975 You can Text/ What's App and someone will get back to you

Meditation can be a really useful tool for a child experiencing big emotions. The following apps are designed to help children meditate.

<https://www.headspace.com/>

For children 4 years and under:

<https://dreamykid.com/>

For children 4 – 11 years old:

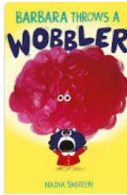
<https://www.calm.com/>

<https://www.sanvello.com/>

<https://apps.apple.com/gb/app/breathe-think-do-with-sesame/id7218533597>

Books About Feelings:

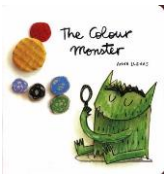
Barbara Throws A Wobler by Nadia Shireen



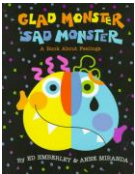
In My Heart



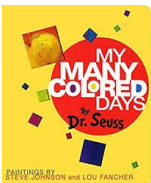
The Colour Monster



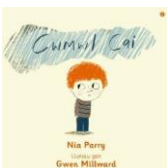
Glad Monster, Sad Monster



My many coloured days



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THE EMOTIONAL CUP

Some ways that children deal with having an empty cup:

- Steal from other people's cups
- Misbehave to get your attention and show that they need a refill
- Seem to have bottomless cups, or need constant 'topping off'
- Can't sit still for refills or actively refuse them
- Bounce off the walls when they approach 'empty'
- Think they have to fight or compete for every refill

What fills a child's cup:

- Play
- Friendship
- One-on-one time
- Love and affection
- Connection
- Succeeding
- Doing what they love



What empties a child's cup:

- Stress and strain
- Rejection by peers
- Loneliness and isolation
- Yelling and punishment
- Failing
- Fatigue
- Doing what they hate

