



8 Parenting Practices to Foster Emotion Regulation & Awareness

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Be Open

to expressing your emotions at home and teach teens how to identify emotions.

Remove Fear

by inviting teens to be curious about their emotions.

Encourage Youth

to communicate and express their emotions.

Empathize & Validate

teens' emotions so they feel understood and cared for.

Be Consistent

when responding to teen's emotions to show you value **all** emotions equally

Engage in Discussion

to help teens to reflect on and manage their emotions.

Coach Youth

to label their emotions to help them control and manage their emotions.

Check In

to remind youth to practice regulating their emotions.

