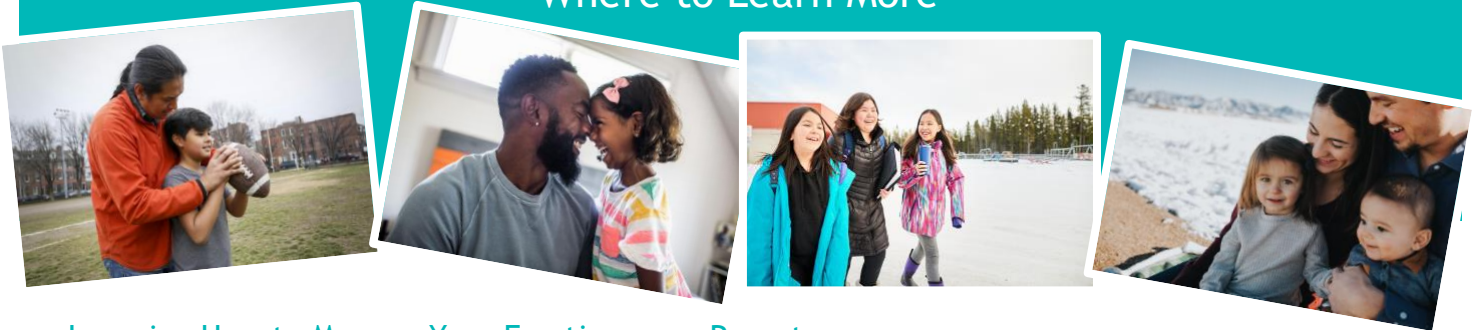


Supporting Children and Youth to Manage their Emotions: The Power of Parents & Caregivers

Where to Learn More



Learning How to Manage Your Emotions as a Parent

- [Managing Your Own Emotions: The Key to Positive, Effective Parenting](#) (From: Zero to Three)
- [Managing Emotions as Parents](#) (From: PBS.org)
- [Parents, Manage your Emotions: Challenges, Practices, Importance, Benefits and More](#) (From: Parent Circle)

Helping Your Child and Youth Manage Emotions

- [Emotional Regulation in Children: A Complete Guide](#) (From: Parenting for Brain)
- [How Can We Help Kids with Self-Regulation](#) (From: Child Mind Institute)
- [How to Help Kids Understand and Manage Their Emotions](#) (From: American Psychological Association)
- [Moods: Helping Pre-Teens and Teens Manage Emotional Ups and Downs](#) (From: Raisingchildren.net.au)
- [How Can I Help My Teen Manage Their Strong Emotions](#) (From: Psychology Today)
- [Emotions](#) (From: Encyclopedia on Early Childhood Development)
- [Embracing the Early Years - Responsive Calming Strategies](#) (From: ASCY)

Other Resources on Child Well-Being

- [Sacred and Strong - Childhood](#) (From: First Nations Health Authority)
- [Social and Emotional Learning: Supporting Kids at Home and School](#) (From: Kelty Mental Health)
- [Encyclopedia on Early Childhood Development](#) (From: CEECD)
- [Parenting Guides to Support Your Child's Academic, Physical, and Social-Emotional Growth](#) (From: Today)

Selected Research References

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