

Introduction

Dear Parent!

Welcome to the Calm Parent Challenge and today's module on Handling Emotions and Meltdowns.

There is a LOT to say about this subject. I literally wrote a book about it! So in today's homework we're going to dive deep into a subject which can be one of the hardest ones to stay calm about.

To make this homework easier for you to read, I've decided to do it as a series of Questions and Answers.

I've established a simple 5 step process to follow for meltdowns of all types which you'll find in the text.

I'll also record a separate podcast for you to listen to, where I'll go into more detail on all the subjects we cover. Make sure to look out for it on the Program Page.

See you soon on our call and if you have any questions, reach out in Whatsapp group.

Patrick

Patrick, who are you to tell me about meltdowns?!

I'm standing in the supermarket aisle and time seems to have slowed down. My daughter is wailing her head off about getting a toy and it feels like everyone in the supermarket is watching me. My fists are clenched, my jaw feels constricted, my heart is pounding. I'm working my way up to a meltdown myself, as it happens! In my rage I am drawn to sudden, harsh judgements.

My kid's only 5 years old but who cares? Her behaviour is flat out wrong! It's not ME that's being the bad person, as she keeps saying. It's her! A thought flashes into my mind: there's something wrong with her. I struggle to control myself from lashing out - physically or verbally, feeling just a moment away from a rage that I know will consume me.

As a parenting trainer, I believe we need to get real about what parenting actually is. You may have come across the fantasy online: children who never melt down, always agreeable, always

calm. Sure, some children are more placid by temperament. They melt down less often. That just hasn't been my experience.

One of my daughters has pushed me to the edge throughout her entire childhood. Looking back, I'm strangely grateful. That struggle forced me to grow as a parent and as a trainer. It taught me how to take better care of myself, how to deal with emotions under pressure, and how to stay grounded when things feel chaotic.

So, as you go through this homework and hopefully join the live sessions, don't make the mistake of thinking I've got it all sorted or that I don't get frustrated. I do. A lot. Don't compare yourself to some perfect imaginary parent or their perfect imaginary child.

We're going to be real. We're going to be honest.

I'm talking about this subject because it's the one I've spent more time researching, testing, and applying than any other since I started working at All About Parenting over six years ago.

Tell me something provocative about children's meltdowns, I dare you :)

Since you dared me :) Here's my take after working with thousands of parents: we often get angry at our kids for something we don't have ourselves. Most of us – and yes, I include myself – have no real understanding of what emotions are or how to manage them.



We get overwhelmed by strong feelings, just like our children do - and we offload them. On our children. On our partners or ex-partners. On ourselves. Stress and frustration don't vanish - they leak out. And one of the main places they show up is in how we respond to our kids.

So here's the part that will sting: don't expect your child - with their developing brain, limited experience, and emerging identity - to handle emotions better than you can. If you're losing it, don't be surprised they are too.

If you want your child to be better at emotional regulation, start with yourself. If you want to see them change, change yourself first. Their capacity to shift will be in direct proportion to yours.

We've all seen what it looks like when adults melt down – the shouting, the blaming, the silent treatment, the slamming of doors. Maybe you grew up with it. Maybe you do it now. Either way, it forms the script our children learn to live by.

So here's the bottom line: never expect more emotional maturity from your child than you're able to give them.

Is there a Difference Between Meltdowns and Difficult Emotions?

There is a fundamental difference between the full range of emotions a human being experiences - your child, you, your partner or ex - and what we call meltdowns/tantrums.

Put simply, a meltdown happens when a child can no longer process or manage their emotions. They become overwhelmed. In technical terms, they have entered the Red Zone, as discussed in earlier homework.

Difficult emotions, on the other hand, might sound like:

"I hate you."

"I do not like my brother."

"This food is disgusting."

"I hate myself."

"I am not good enough."

These hit hard. They trigger us because we care deeply. But they are not meltdowns. They are difficult feelings, expressed (sometimes clumsily or unpleasantly), but still within the child's window of tolerance.

In this homework, we will cover both. Some exercises and ideas focus on meltdowns. Others on managing difficult emotions.

Here is the key message: **all children will have both**. If you are holding onto a fantasy of a child who is always calm, compliant, agreeable, and polite, let it go. That fantasy will only create frustration.

Write this down and place it on your fridge or somewhere visible in the house

My child has the right to ALL their emotions.

My child has the right to make mistakes.

My child has the right to have meltdowns.

If you can truly internalise that, then when your child is losing control next time, that thought may just appear when you need it.

How many meltdowns/tantrums is normal?

A key question to ask is whether your child's meltdowns or tantrums fall within the range of what's typical for their age.

For children aged 1 to 3, frequent meltdowns are expected. Most will last just a few minutes. It's developmentally normal for toddlers to have emotional outbursts as they struggle to communicate and self-regulate.

Between ages 3 and 5, meltdowns become less frequent, but still common. Around 75 percent of children in this group will have occasional meltdowns or tantrums. Again, these usually last a few minutes, and while intense, they tend to resolve relatively quickly.

If your child is having multiple meltdowns every day, each lasting more than 10 to 15 minutes, that may be a red flag. It suggests the need for closer attention-possibly support from parenting experts or a therapist, and certainly reflection on your own response patterns. But don't panic. Behavioural interventions can often make a significant difference, especially when applied consistently.

Above age 6, tantrums are much rarer. Frequent outbursts at this stage are not typical and may signal a deeper issue needing investigation.

That said, it's important to draw a sharp distinction between meltdowns and the expression of difficult emotions. A child being upset, frustrated, crying, or expressing anger or sadness is not necessarily cause for concern. These are part of the normal range of human emotional experience.

Try to hold this distinction in mind as you consider your child's behaviour.

I had some real discoveries about my OWN emotions in the previous homework. What does that mean for my child?

There's a clear reason why we start by looking at our own emotions before turning to our children. In the last homework, you learned about the Red Zone and the Green Zone. You also saw how behavioural interventions such as changes to sleep, diet, movement, and tech use can significantly impact your ability to manage difficult emotions and reduce how often they arise.

Now consider how those same changes could support your child. We don't need to revisit everything we covered in that homework, but focus on the three big ones: sleep, diet, and movement.

A child getting the right amount of sleep is more likely to stay in the Green Zone. A child who moves regularly and eats well will experience fewer depressive moods and intense emotions. The changes you make in your own habits will almost certainly ripple into your child's world.

Research consistently shows that poor sleep in children is linked to more meltdowns and difficulty with emotional regulation. So start with sleep. It is the simplest and most immediate lever to pull. One of the biggest obstacles? Tech. If you're not already doing it, consider a

no-phone rule in the hour or two before bedtime for both you and your child. You'll learn how to introduce new rules like this as we move through the challenge.

Recommended Sleep Duration by Age (per 24 hours) (Source: American Academy of Sleep Medicine, 2016)

- 0–3 months: 14–17 hours (including naps)
- 4–11 months: 12–15 hours
- 1–2 years: 11–14 hours
- 3–5 years: 10–13 hours
- 6–12 years: 9–12 hours
- 13–18 years: 8–10 hours

Sleep deprivation disrupts brain development, mood regulation, and behaviour. Get that right, and everything else gets easier.

Exercise for Children by Age

Infants (0–1 year):

Encourage physical activity several times a day through interactive floor play. For babies not yet mobile, this includes at least 30 minutes of tummy time spread throughout the day.

Toddlers (1–2 years):

At least 180 minutes per day of physical activity at any intensity (light through to energetic), spread throughout the day.

Preschoolers (3–4 years):

At least 180 minutes per day, with at least 60 minutes at moderate to vigorous intensity.

Children and Adolescents (5–17 years):

At least 60 minutes per day of moderate to vigorous intensity physical activity. This should include aerobic activities every day, plus muscle- and bone-strengthening activities at least 3 days per week (e.g. climbing, jumping, sports, resistance play).

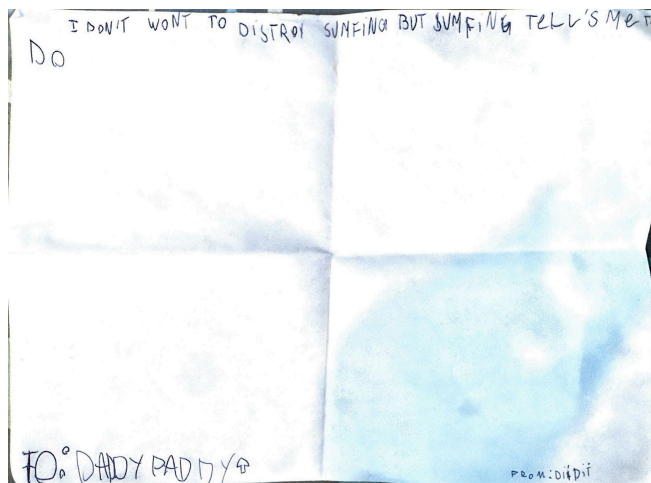
Explain to me what the heck is happening during a Meltdown/Tantrum?

Put simply, a child's Red Zone is engaged. Remember the Red Zone? It's the activation of the sympathetic nervous system. It's a "fight or flight" response where our child goes into hyper-arousal and no longer thinks logically (which is why we avoid logic on a Red Zone child).



This means in the vast majority of cases that a child is NOT deliberately acting out to “manipulate” us - they are genuinely out of control (as we are when we’re in the Red Zone). Therefore, our goal as parents is to support our child to go into the Green Zone - where they can think, play, discuss and communicate with us again.

This note to me from my then 5 year old daughter Zofia after she had a meltdown is a great explanation of the Red Zone. *“I don’t want to destroy sumfing but sumfing tell’s me to do”*



That’s what the Red Zone is - it’s the urge to destroy, to fight, to escape. It’s only when we’re mature adults that we can see how overwhelming and powerful that urge is and still tame it with our Green Zone brains.

It’s not without reason that we think of the Red Zone as being a volcano - out of control and spewing with lava!

My child is neurodivergent. What does this mean?

Parents of neurodivergent children, such as those with ADHD or Autism Spectrum Disorder, can face significantly more complex emotional challenges in their children. One study, for example, found that neurodivergent children were 46 - yes, 46 - times more likely to experience distress in school settings (Connolly et al., 2020).

Think of it like this. A neurodivergent child has fewer emotional regulation tools in their mental toolkit.

Imagine a toy is taken away. A typically developing child might reach for another toy, distract themselves, or tell themselves they can wait. They are able to access the Green Zone part of the brain - using self-regulation, patience, or experience.

A neurodivergent child usually has much less capacity to make that shift. Their focus remains fixed on what has been lost. As a result, they are more likely to enter Red Zone states - fight, flight, or shutdown - more quickly and more often.

This means that parents of neurodivergent children often require additional strategies. Everything already discussed - sleep, tech use, diet, movement - becomes even more important. On top of that, many neurodivergent children benefit from therapeutic support tailored to their needs.

To go into detail on therapy options would take an entire book. For now, bring this question into the live meetings. Ask whether your child is getting the level of support they need. Do not try to manage this in isolation. And most importantly, remember that everything we cover in this homework - and in our meetings - applies to you as well.

How Should I Respond When My Child has a Meltdown?

We're going to keep things simple and follow a simple five step process

So, number 1: remember that how you deal with your child's emotions and meltdowns will always be a question of what Zone you're in. **Are you in the Red Zone or the Green Zone?**

If you're inside the Red Zone, you and your child are not going to have a good day. Your patience will be low - your reactivity high - and your ability to connect with your child limited. So part of your solution is not just what you do in the moment, but the long-term work you're doing on yourself to be more consistently in the Green Zone.

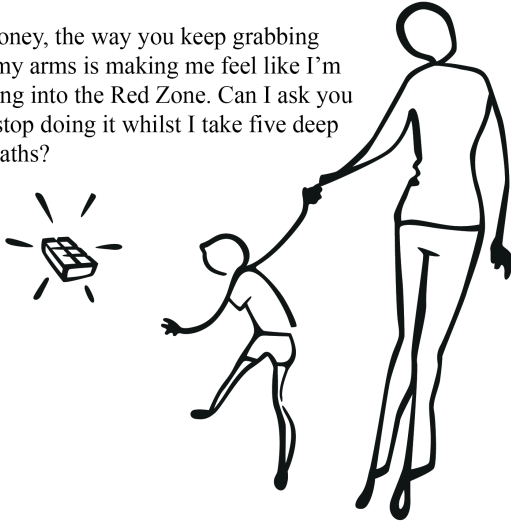
Now, I get it. Your child being rude to you - being hurtful to someone else - or doing the opposite of what you want is emotionally draining. It wears you down. And that is exactly why it is so important to be, as much as possible, a Green Zone parent - because that gives you far more capacity to deal with difficult situations.

So before you even get into those moments, pause and go back to your earlier homework. Think about how often you're in the Green Zone. Ask yourself what you're doing day to day to take responsibility for your own emotional state.

As we've already discovered, children's meltdowns are typical. What's not typical is a parent who becomes conscious enough to put their own emotional wellbeing first - and consistently choose to live more of their life inside the Green Zone.

“Momma, If you don’t buy me that chocolate I’m gonna cry!
Gimme, Gimme, Gimme!”

“Honey, the way you keep grabbing
at my arms is making me feel like I’m
going into the Red Zone. Can I ask you
to stop doing it whilst I take five deep
breaths?”



Okay, now **here's step number 2**. Step number two is really simple. When you see your child having a difficult moment and heading into a meltdown, say to yourself: **my goal is to support my child to go from the Red Zone to the Green Zone**.

Ideally, through rules, boundaries and parenting techniques – which you’ll be learning throughout this challenge – you’ll prevent the situation before it escalates. That’s the power of clear structure. But let’s say you’re already in it. This moment requires an automatic shift in your thinking – from “how do I get my child to tidy up, get into the bath, brush their teeth” – to “am I understanding what’s happening inside my child?”

Your child will have their own ways of going into the Red Zone. Some may become jerky and erratic. Their breathing may speed up. Their words might become scrambled or louder. Their body might tense. Others may go quiet, shut down or withdraw. Learn those signals. They’re your cue to shift into support mode – and to say clearly in your mind: *my child is in the Red Zone*.

Saying that to yourself changes everything. It reminds you that this isn’t deliberate. It gives you a frame – and activates the techniques you’re learning about how to support your child in moving back into the Green Zone. As you’ll discover in later steps, that return is *their* process – not yours. *You’re the support in their film – not the main actor*.

Step Number 3. When you see that your child is in the Red Zone, stop talking. Stop using logic. What you’re trying to do – often without realising – is apply a Green Zone solution to a Red Zone problem.

Talking, discussing, negotiating and compromising only work when both you and your child are in the Green Zone. But when your child is in the Red Zone, they're hearing very little – and processing even less. Their whole body is in a fight-or-flight state. Their system isn't wired for logic at that moment – it's wired for survival.

You've probably noticed this already. When you try to talk to your child while they're melting down, it usually makes things worse. It inflames the situation.

Now think about how *you* feel when you're angry or frustrated with someone in your life, and they tell you to calm down. Does it work? Or does it provoke the opposite response?

So why, as parents, do we keep applying that same logic to our child in the Red Zone?

When your child is in the Red Zone, say as little as possible. Don't try to fix, explain or persuade. The time for logic, conversation and compromise is *after* – when they've returned to the Green Zone. Not before.

Step 4 is to support your **child as they move from the Red Zone back into the Green Zone**. As mentioned before, you are a support actor in this film – their life, their moment. You are not the lead.

What does that mean in practice? For most children – especially from the age of 1 onwards – the shift from the Red Zone to the Green Zone is an *internal* process. It happens inside them.

Your child storms off, slams the door, full of anger and frustration. Then, slowly, their breathing slows. The rage begins to settle. They may cry, then suddenly start fiddling with a toy or flicking through a book. That's the shift. They are bringing themselves back to the Green Zone. It's not something you can force – and in most cases, it's wise not to interrupt it.

Sometimes, though, your child might *invite* you back in during that process. The same child who hit you or shouted that you're a bad mum may, moments later, come running to you for a cuddle. That is not manipulation. That is your child asking for connection – asking for support to complete the journey back to the Green Zone.

Don't reject that invitation. Yes, you're entitled to your own emotions – but if your child opens the door, walk through it. Give them what they're asking for: the cuddle, the gentle touch, the calm presence. You know them best.

There *is* a time to talk about what they said or did during the meltdown – but only once they're back in the Green Zone. You'll be able to tell when they're not ready: irregular breathing, scattered thinking, body still tense. If you're still feeling highly emotional yourself, it's a sign that *you* may also still be in the Red Zone.

In that case, return to step 1. It's not the time to talk – not when both of you are in the Red Zone

We'll deal with specific cases like hitting or aggression in a later step. For now, the focus is simple: be conscious of what your child *actually* needs in that moment to come back from the Red Zone to the Green Zone. Not what you need to win the argument. Not what would make you feel better. Just what helps them come back to balance.

In Step 5 we move to Rupture, Repair and Redirect.

Now that we've established that all children will have meltdowns – and we've worked through how to handle the frequency, intensity, and recovery – we arrive at the final step: rupture, repair and redirect.

Some of you may recognise this concept from Dan Siegel, often referred to as the father of neuropsychobiology. It's a simple but powerful idea: Red Zone moments are not the problem. What matters most is what we do afterwards – inside the Green Zone – to repair.

Think of it this way. A rupture is any break in connection – a meltdown, an argument, a refusal. Repair is the conscious act of reconnecting, understanding, and closing that emotional loop. Redirect is what you offer next – a tool, a script, or a strategy to use the next time it happens.

Imagine your child had a tantrum because they were told they couldn't have a snack before dinner. Once they're back in the Green Zone, you might sit down and say, "I understand you were really hungry and upset when we said no to the snack. How about we have a healthy snack together after dinner?" That's repair. It acknowledges their feelings and offers a reasonable path forward – showing that their needs are seen and respected.

Once that connection is restored, you can redirect. Gently introduce a way to handle the same situation better next time. For example: "Next time you feel upset because you can't have something right away, try taking deep breaths or coming to me for help. We can always find a solution together."

Now, the concept of redirecting is that you teach your child how to move their frustration away from physical or aggressive behaviour – and towards handling anger in a healthier way.

I once worked with a mum whose daughter would often throw things at her during meltdowns. In Step Five, this mum introduced a redirection strategy. She taught her daughter that it was okay to throw a pineapple-shaped pillow in her room – a soft toy bought specifically for this purpose. The child liked the pillow so much that eventually the mum bought one for herself too.

The message was simple: it's okay to have strong emotions, and it's okay to let them out – but in our family, we don't hit or throw things at each other. That became the rule.

That's what this technique is all about. It's not about stopping the emotion – it's about helping your child channel it in a way that is safe and respectful. It gives them tools to navigate the intensity of what they're feeling.

And remember – the only time you can teach this is when both of you are back in the Green Zone.

What do I say when my child says I hate you?

This is one of the most common questions parents ask – and it's a crucial moment to understand a deeper principle: a child has the right to their feelings.

When a child says "I hate you," it hits hard. It stirs up a deep emotional reaction – the sense that they're ungrateful for everything you've done, or that they have no idea how much you've held back your own frustration. Many of us would never have dared speak to our parents like that. So it feels jarring, disrespectful – even outrageous.

But this is where that principle matters. Your child has the right to feel what they feel. And – here's the part most parents don't realise – children only lash out like this to people they know won't hurt them. In other words, this kind of verbal explosion actually rests on a hidden layer of trust. Your child knows you are safe. You won't strike them or retaliate. And while it doesn't feel like it in the moment, that's something you can quietly appreciate.

The next point is equally important. When your child is able to verbalise their emotions, it means they're not bottling them up. A child who says "I hate you" is already one step ahead of a child who's feeling that rage internally but has no way to express it – which is common in some neurodivergent children. Remember this phrase: what the mind can't say, the body will. Unspoken emotions often come out in behaviour, somatic symptoms, or aggression. So again – uncomfortable as it is – verbal expression is healthier.

What should you say in response?

Here's one simple, powerful reply I recommend to all parents:

"Well, I love you. And I'll always love you."

If your child doubles down and says, "Well, I hate you and I'll always hate you," you respond:

"That's okay – that's your choice."

You cannot force your child to feel something. You cannot control their thoughts. Let go of the need to win or correct them. Ironically, the moment you give up control, your influence grows. You become the example they can absorb – not the opponent they're resisting.

If they say, "You're the worst parent in the world," you can reply,

"Well, you're my child. And I'll always love you."

That's it. It's a conversation closer. There's nowhere to go from that tactically – no more fuel for the argument. You've remained calm, stayed in the Green Zone, and shown them who you are.

This isn't about making your child suddenly feel remorseful or change their mind. It's about showing them, over time, that there is another way. That they are loved, even when they lash

out. That your love is not conditional. That kind of emotional security is what allows them to grow.

What should I do if my child hits me during a meltdown?

Children hitting during a meltdown can be one of the most difficult and frustrating parts of parenting. As much as we want to understand that our child is in the Red Zone, it's worth asking yourself – would I be okay with anyone else hitting me? The answer, of course, is no.

I told a story in both of my books about a father in a swimming pool being repeatedly punched in the face by his five-year-old son. And as a father, as a human being, I can say honestly – that's not something I would want anyone doing to me.

So first, let's understand how common this is. Small children are among the most physically aggressive humans on the planet. Over 50% of one- to two-year-olds will display physical aggression – hitting, biting, pushing – at least occasionally. It peaks around age two or three, and typically declines after that. Boys are significantly more likely than girls to be physically aggressive.

As we've discussed, being in the Red Zone shuts off logical thinking. A child in meltdown lashes out physically, emotionally or verbally – not because they're making a decision, but because their nervous system is overwhelmed. That doesn't make it okay – it just explains why it happens.

As children get older, they develop better internal tools for managing their emotions. Aggression typically drops. By age ten, only around 10% of children still show regular physical aggression – and boys remain more likely than girls to express anger this way.

So, what should you do in the moment?

If your child hits you, take their hands gently and say:

“If you choose to continue hitting me, you choose for me to leave the room or to move away from you. Is that what you want?”

Repeat it calmly if needed. This does three things. It protects you. It sets a boundary. And it communicates clearly – hitting will result in physical space, not as a punishment, but because you respect yourself.

This is a small preview of what you'll learn in the upcoming work on consequences, rules and boundaries.

Later – when you're both back in the Green Zone – that's when you can return to rupture, repair and redirect. That's when you teach your child how to deal with those same emotions in a different way.

I once worked with a mum whose daughter would regularly hit her during meltdowns. Together, we introduced a redirection strategy: when the daughter felt the Red Zone rising, she could go to her room and hit a punchbag. The result? Physical aggression towards her mum dropped to almost nothing.

What should I do when my child has a meltdown in public?

Oh, my dear parent, how I feel for you in this particular moment. I've been there as well. Your child's having a massive screaming match because they didn't get an ice cream, they don't have their tech time, and people are looking at you.

Isn't it interesting that we feel so much more pressure when other parents are staring at us? Doesn't that say so much about our need and desire to be validated by other people?

So because you've joined this Calm Parent Challenge, you know a few things that most other parents don't. First of all, you can remind yourself that most people are smiling at you because they're trying to show you non-verbally that they've been where you've been as well.

Secondly, you know that there's no such thing as parenting without meltdowns and strong emotions.

And thirdly, you know that this moment doesn't define you either.

So my encouragement to you is to try to stick to that five-step process we've already outlined to weather the storm of the emotions of that particular time, and to not fall into the trap of using logic in that situation either.

Act in public as if you're at home.

What's the number 1 way to move from the Red Zone to the Green Zone?

The simple answer is: whatever works.

I think the best universal technique is five deep breaths – in through the nose and out through the mouth. But I'm a firm believer that we either express our anger or we impress our anger. Some children send it outward. Some send it inward. That's true for us too.

For me, I need to physically express it. I've found that going to my room and bashing a pillow works really well. For others, it might mean turning inward – reading a book, going quiet, or just being alone. You probably already know what works for you. The real question is: are you doing it regularly?

That said, in public or at home, five deep breaths is powerful. I remember one time I was arguing with my daughter and my wife. Zofia walked in and said, "Daddy, five deep breaths. Do it now." At first I felt irritated. Then I realised – she was right. I took those five breaths, and everything changed. My attitude, my energy, the way I spoke.

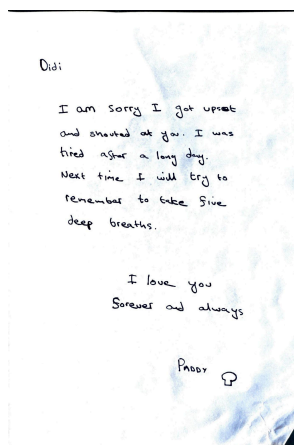
So five deep breaths is a great place to start. And if you're thinking you can't do it, it's probably because you're in the Red Zone already. Which brings us back to the same truth – you need to do the work *outside* the Red Zone in order to stay out of it *inside* the moment.

Train yourself. Repeat it. And even involve your child. I worked with a dad, Dan, who had a code word with his kids. When he got close to a meltdown, they used it, and he'd go off and breathe. How cool is that?

What about if I lose my cool and yell or say something I regret?

In that case, it's a perfect opportunity to model what you're asking from your child - to own what happened and explain what you'll try to do differently next time.

Look at this note I gave my daughter Zofia a couple of years ago. It just explained what had happened - and she was sweet enough to write back, "I love you so much."



It's okay to lose your temper. No one expects perfection. I've done it. I'll do it again. What's not okay is leaving that anger unspoken - and wasting the opportunity to show your child that you're growing with them.

Share your journey with your child - in an age-appropriate way. You have everything to gain, and nothing to lose.

What are some of the classic parenting meltdown mistakes?

If you've been reading this homework carefully, I think you'll have picked up on some of the classic mistakes – and I've made all of them myself.

The first one is that we judge, label, and get aggressive towards our children, blaming them for the situation without realising that we're actually in the Red Zone ourselves. That's why the Calm Parent Challenge is all about us taking responsibility for where we are and working through that. That's what we'll continue to do throughout this challenge.

The second big mistake is using logic when our kids are past the point of logic. We still try to reason, negotiate, or talk them out of it, even though they've gone well beyond that and are fully in the Red Zone.

The third is that we often don't understand what's actually happening inside our children during these moments. But because you've done the work – you've read through this homework, reflected, and applied these ideas to your own family – you're already better equipped. Still, you'll almost certainly be challenged by your child's emotions, especially if you were never taught how to manage your own.

And this leads to what I believe is the biggest mistake of all – not stepping away when you need to.

Instead, try saying something like, "Mum needs five minutes to take some deep breaths, or to scream into a pillow, or to read a book. Then I'll come back and talk to you about what just happened." That one move shows your child exactly what you want to see in them – the ability to recognise Red Zone emotions coming and respond to them with self-regulation.

I also strongly recommend using the Red Zone and Green Zone language with your child. Teach it to them. Make a poster together. The more you do this, the more your child will understand their own emotions – and the more you'll feel it too.

Other parenting books and experts place a lot of emphasis on talking about emotions with children. Why don't you?

Great question. In my opinion the emphasis on teaching emotions to children is like the self-esteem movement on the 90s (if you tell a child they're amazing, they'll believe you) - over promoted.

I keep things simple with a Red Zone/Green Zone approach, that's already enough for most overloaded humans. Children below the age of 7, especially, have a hard time identifying emotions as developmentally it's beyond their understanding. If you disagree with me, feel free to teach your child more complex ways of labelling their feelings - it won't hurt. Just try to make it age appropriate.