

PARENTING EVOLVED

VIR: Validate, Investigate, Regulate

VALIDATE

Be the calmest version of yourself you can be

Let the child know their feelings are valid

Label the emotion if they can't

Use calming skills, if need to

Use statements like: "That sounds like a lot." "That would be hard."

Be careful to not give them the idea that they just "need to get used it" or "just get over it."

INVESTIGATE

Ask the right questions and wait for the answers

Help your child focus on how they see the situation and when it got started

Some examples are: "What started the emotion?" "When did you first start to get upset?"

"What was the worst part for you?" "Does this kind of thing happen a lot?"

"Is there any other way of looking at that situation, maybe from someone else's point of view?"

REGULATE

Help them feel in control

Help them explore their options: "What part can you solve?" "What do you think are the best options?" "Which option makes you feel the best?" "What part of this do you think you can change?" "What step are you ready to take right now?" "

Do:

- Collaborate-get and use their inputs and opinions to solve the issue
- Break the problem down into smaller parts if needed
- Provide reassurance and cheerleading

Don't:

- Do things they could do for themselves
- Swoop in and take over
- Help them just avoid situation

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VALIDATE

The key is to validate, not coddle. Acknowledge their emotions and then letting them know those emotions are okay and that you are there with them.

What emotions do I often see from my child?

1. _____
2. _____
3. _____

What could I say to validate that emotion?

1. _____

2. _____

3. _____

INVESTIGATE

The key is to ask questions and wait for answers, don't hurry through this part.

What are the difficult reactions you can get when you ask questions about an emotional situation?

If you ask different questions or ask in a different way, how would that help?

REGULATE

The key is to support your child and not solve the problem for them.

When does your child feel most supported by you?

What will your child need to feel supported as they problem solve?
