

*THE EMOTIONAL
CHECK-IN GUIDE
FOR PARENTS*

Guide

**Helping Your Child Express & Understand
Their Emotions**



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WHY EMOTIONAL CHECK-INS MATTER

Children don't always have the words to express how they feel.

An emotional check-in helps create a ****safe space**** for them to share their emotions and build self-awareness. It strengthens your bond and teaches them that their feelings matter.

WHEN TO DO AN EMOTIONAL CHECK-IN

In the morning to set a positive tone for the day.

After school to process emotions from the day.

Before bed to reflect and release any worries.

During emotional moments to help them express and regulate feelings.

SIMPLE EMOTIONAL CHECK-IN QUESTIONS

1 ****Start with open-ended questions****:

- "How are you feeling today?"
- "What was the best part of your day?"
- "Did anything make you feel upset or confused?"

2 ****Help them name emotions****:

- "If your feelings were a color, what would they be?"
- "Can you point to where you feel it in your body?"
- "Would you like to draw your feelings?"
- "Can you show me with your hands how big or small your feeling is?"

HOW TO RESPOND TO THEIR FEELINGS

VALIDATE THEIR EMOTIONS

"Its okay to feel this way. Im here for you."

Avoid Fixing or Dismissing

Instead of Dont be sad, try "I see that youre sad. "

Want to talk about it?

Help Them Regulate

Encourage deep breaths, gentle movement, or a comfort object when needed.

MAKING EMOTIONAL CHECK-INS A ROUTINE

Create a Habit** Choose a regular time each day for check-ins.

Be Patient

Some children take time to open up; consistency builds trust.

Lead by Example

Share your own feelings in a healthy way:

"I felt frustrated today, but I took a deep breath and felt better."

FINAL WORDS OF ENCOURAGEMENT

Helping your child express emotions is a gift that will serve them for life. The more they practice, the easier it becomes. If you need further guidance, MG Global Coaching Academy is here to support you