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## **Eltereschoul Doheem #11**

Dear parents,

Before the holidays, "Eltereschoul Doheem" will take a look at emotions. In the last few months, we have been on a real emotional roller coaster, but by dint of juggling homework, home schooling and social distancing measures, we have proved to be extraordinarily adaptable. Today we are in a phase of deconfinement which, apart from raising many questions, also allows hope for a return to a sense of normality.

### **How can we manage our own emotions and those of our children constructively?**

- In our ideal(ised) world, there is little room for negative emotions such as anger or sadness. Many families strive to live in complete harmony by trying to ignore negative emotions. However, unpleasant emotions are an integral part of our daily life and especially of our children's development. Thus, for example, temper tantrums play an important part in the development of their personality.
- Parents must be prepared to cope with children's aggressive or negative emotions without describing their behaviour as "mean" or "bad". Rather deal with them with patience, calm and empathy!
- It is a matter of observing, listening and understanding what the child wants to express through his behaviour. Anger is thus often a call for help, sadness a need for presence.
- Children's emotional worlds take a long time to develop. For a long while, they have problems identifying their emotions and it is only when they are able to name them precisely that they learn to manage them better.
- An emotion is volatile: let's give it the right to flow and express itself, and then it can disappear.
- If we, parents, trust our own emotions, if we live them and dare to name them, the children will be able to learn from us. In this way they learn to recognize and integrate different emotions and can develop empathy and social skills.

### **Have a good holiday!**

The online workshop on "**Parental Burn-out**", with Tania Hemmer, graduate educator, expert in the prevention of parental burn-out, will be repeated on 4 August (LU) and 21 September (FR) from 18.00 hrs to 20.00 hrs.

**Registration for the seminar is by email:**  
[eltereschoul@kannerschlass.lu](mailto:eltereschoul@kannerschlass.lu)  
**An access code will be sent to you after registration.**

**The School for Parents' Team**

