

# ACT

*Acknowledge. Connect. Teach*

## A Acknowledge

*"I see you're feeling \_\_\_\_\_ It's okay to feel this way."*

## C Connect

*"I'm right here. You're not alone."*

## T Teach (when calm)

*"Next time you can try \_\_\_\_\_ We'll figure it out together."*

*Give grace freely.*

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## ACKNOWLEDGE. CONNECT. TEACH.

A Simple Script for Big Feelings

When your child is upset, start with this three-step script:

### **A = Acknowledge the Feeling**

"You're feeling really \_\_\_\_\_ right now."

"It's okay to feel \_\_\_\_\_."

"I see that you're having a hard time."

Goal:

Name the emotion. Let your child feel seen and understood.

### **C = Connect**

"I'm right here with you."

"You're not alone."

"Let's breathe together."

"I've felt that way before too."

Goal: Offer calm connection, not correction.

### **T = Teach (When They're Ready)**

"Next time, you can try \_\_\_\_\_."

"Let's think of a better way to handle this."

"What can we do differently?"

"How can I help you next time?"

Goal: Teach coping tools, not punish behavior.

Remember:

Regulate first, then educate.

Connection opens the door for learning.