

YOUR FEELINGS ARE SAFE WITH ME

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH

What Is a Safe Emotional Space?

A safe emotional space encourages healthy sharing and expression of feelings/emotions in a caring, supportive, and non-judgmental space and allows feelings to be what they are.

Why Is a Safe Emotional Space Important ?

- It encourages kids to develop healthy ways to express and cope with their feelings.
- It can help support better performance in school and career.
- It helps children form a positive sense of self.
- It can help children develop resilience and positive coping skills.
- It encourages more positive and stable relationships.
- Children are more likely to develop positive behaviors.



How Can You Create a Sense of Safety?

- Praise your child when they share their feelings. (*"Thank you for telling me that you feel angry. I really appreciate when you share your feelings with me."*)
- Help your child label and identify their emotions.
- Model identifying your own emotions and share how you cope.
- Tune in to cues (body language) to name what you observe to help connect body reactions to emotions.
- All behavior carries meaning. Try to understand underlying emotions by practicing curiosity with your child.
- Discuss significant events (in age appropriate ways), and identify positive ways to cope with related feelings.
- Incorporate songs, activities, and books that discuss feelings.
- Practice relaxation techniques with your child (mindfulness, yoga, relaxation music, deep breathing).

1. <https://www.parentteenconnect.org/communication/>

2. <https://familydoctor.org/understanding-your-teens-emotional-health/>



<https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/middle2.html>



<https://www.ecmhc.org/ideas/emotions.html>



<https://www.pbs.org/parents/learn-grow/all-ages/emotions->



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
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