



Encouraging Relationships Newsletter

A Publication by Kim Fredrickson, Coach www.EncouragingRelationships.com

Volume 1, #4 Nov 13, 2006

Encouraging Relationship Tip of the Day!

Helping Kids with Tough Situations and Feelings

I'm continually aware of **how difficult life can be** for us as well as our kids. Everyday on the news we hear about really tough stuff...school shootings, fires, missing kids, struggling relationships, etc.

It's hard enough for us as parents to handle hearing about these situations, never mind our kids.

Well, the truth is, **our kids really need us to help** handle the feelings that go along with everyday stresses as well as really tough life situations.

They need us to help them process their feelings, as well as **to not feel alone in them**. Following are some tips I hope will help, as well as a link to a new CD I have to help you, help your kids.

How we handle these tough situations and the resulting feelings affects our children, our relationship with them, and how we feel about ourselves as parents.

These situations require skillful parenting, and **how we handle them really matters.**

Here are some important tips to consider:

- * Feelings are normal and God-given.
- * Anger, fear, hurt, confusion, grief are all normal responses to tough situations.
- * When we, or something or someone that is important to us is lost or threatened, we will feel all the above feelings.
- * When we feel deep grief (about death, divorce, disability, long illness, loss of friends or emotionally significant possessions), there is NOT a quick or easy solution. Having a place to share feelings, receiving support from friends, family and God are all important, but we still have to go through it.
- * Children feel their feelings to the fullest in the moment. They do this because they are just learning what to do with them, and don't have the defenses that we do to either positively work through them, or negatively bottle them up inside.
- * Denying feelings, holding them in, and always trying to "see the bright side" make the feelings get stuck in there and get bigger. Feelings that are not expressed **will get acted out** on others (anger, disobedience, manipulation) or on ourselves (depression, anxiety, concentration problems).
- * By helping your kids to handle their emotions you are

giving them a gift more valuable than you could know. The commonality to most emotional and marital problems is the inability to feel, process, and express emotions in healthy and non-destructive ways.

I just [finished presenting a class on this topic](#) a few weeks ago, and was encouraged that so many of the participants felt equipped to know how to help their kids and teens with their feelings. If you'd be interested in purchasing a copy of this CD for yourself or as a gift, check out the products section of my website www.EncouragingRelationships.com

Many Blessings, Kim Fredrickson

Parent and Life Coach

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ABOUT THE AUTHOR

Kim Fredrickson, M.S, Life, Parent, and Relationship Coach is the author of many popular CD's and articles that will help you build **Encouraging Relationships** in your life. To learn more about Kim and sign up for more FREE Relationship Tips like these, visit her site at www.EncouragingRelationships.com

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