The information from this slide comes from the New Human Development Program.

**Steps:**

1. Take a deep breath.
2. Get your child to a quiet or calm place.
3. Use positive reinforcement.
4. Ground yourself by focusing on your own emotions.
5. Help your child identify and express their feelings.
6. Provide a safe and supportive environment.
7. Encourage your child to talk about their feelings.
8. Validate your child's feelings.
9. Use "I" statements to express your own feelings.
10. Avoid criticizing or blaming your child.

**Removal of head and neck:**

- Grasp the child's head firmly but gently.
- Elevate the child's head and neck.
- Check for airway obstruction.
- Administer rescue breaths if needed.
- Continue CPR if necessary.

**Other considerations:**

- Be aware of the child's medical history.
- Consider the child's age and developmental stage.
- Be patient and reassuring.
- Provide emotional support.
- Follow your local protocols and guidelines.

**Additional tips:**

- Stay calm and composed.
- Avoid using harsh words.
- Use positive and encouraging language.
- Provide opportunities for the child to express themselves.
- Follow up with the child later.

**Conclusion:**

By following these steps and considerations, you can help your child manage their emotions and feelings. Remember to be patient and supportive, and to seek professional help if needed.