

Emotions (within safe relationships) are key to affecting autism

Published online March 1, 2016

Summary: Make room for our children's emotions

- ✓ Be on our children's side so they feel safe with and trust us
- ✓ Assume our kids' behaviour is impulsive and not intentional
- ✓ Allow all emotions to be expressed without consequence
- ✓ Help our children name what they are feeling
- ✓ Help our children get their emotions out safely
 - Hit or kick *the pillow*, throw *this* into *that*, scream in *this* room, etc.

Once our children are creating emotional ideas:

- ✓ Allow our children to explore all emotions freely through play

Once our children can feel more than one emotion at a time:

- ✓ Mix the feelings by adding in the positive feelings rather than trying to "cut out" negative feelings
 - "You might be sad to go to school, but you will also be happy to see your friends there."

Link to this blog: <http://tinyurl.com/ja26eo2>

Based on Neufeld's *The Heart Matters: The Science of Emotion* & Greenspan's *The Growth of the Mind*