

Filling Your Child's Emotional Backpack

An emotional backpack is an invisible bag that holds your life's experiences. Below are some tips to help fill your child's emotional backpack with positive experiences.

Be consistent.

Providing stable and clear boundaries will help your child feel secure and better able to interact with the world.

Listen to your child.

Having a caring adult to turn to when they are troubled helps a child feel safe.

Make time for play.

Playtime helps children be creative, learn problem-solving skills and self-control.

Develop self-esteem.

Help your child develop healthy self-talk and new skills.

Get fresh air and exercise.

Ride bikes, explore hiking trails, play soccer, climb a tree, and more.

Give children unconditional love.

Children need to know that your love does not depend on their accomplishments.



Here are some early warning signs that your child's emotional backpack may be too heavy and additional help may be needed.

- Changes in school performance
- Excessive worry or anxiety
- Extreme mood changes
- Avoiding friends and social activities
- Frequent physical complaints
- Extreme difficulties in concentrating

