



# Parent Pages

February 2026



Welcome back to the latest edition of **Parent Pages**. This edition 'Big Feelings Matter' reminds us that our children's behaviour and feelings are communication, and although we may find them stressful, irritating and even triggering, we need to take the time to listen. Children are still learning how to understand and manage their feelings. When we acknowledge these we support our children to identify and understand them. Feeling heard tells a child they matter and supports with building their confidence and self esteem. It can also help them build empathy, co-operation and strong relationships with peers.

When we pay attention to our children's emotions (even when we find them challenging!) the outcome is positive for everyone. Not only will it strengthen yours and your child's relationship, as they feel safe, it also builds trust and means children are more likely to communicate openly as they grow up and mature.

If you feel you may need further support with this, or any other parenting topic, please do not hesitate to contact me using the details below.

Best Wishes,  
Katie Kirby,  
Family Support Worker



## Parent Focus - Big Feelings Matter!



Emotions are powerful! Children, in particular, experience emotions in powerful ways. Happiness can feel enormous, disappointment can feel all consuming and frustration can result in an explosion of rage. These 'big feelings' are a normal and important part of growing up. When we respond with understanding and guidance, our children learn how to express and manage their emotions in healthy ways.

Our children look to us to role model managing these big emotions; what do you say? How do you react? It is important for them to see us experience these feelings not only to normalise them but to provide them with ideas and strategies they can use, adapt and evolve as they grow. How you react to your big feelings is in turn passed down to your children, whether positive or negative. Be aware of your reactions, whether or not you think little eyes and ears are present in the moment - children can be incredibly skilled with their listening ears!

Little people's emotions are triggering, they usually happen at the worst time when you are already late, stressed and trying to multitask. It feels like our children are testing us and 'pushing their luck'. What's really happening is they feel overwhelmed, under threat and unsure what to do next. They need us to take a breath, stay calm and show them how to navigate through the storm.

Below are simple, practical ways you can support your child's emotional development at home.

- **Connection before correction** - Your child's behaviour is communicating to you. Remember, big emotions are not bad behaviour, they are signals that your child is still learning how to cope. Just being calm and present helps your child's nervous system settle.
- **Acknowledge the feeling** - Try saying, 'I see you are really upset', or 'I understand that was disappointing'. Children can't manage emotions they can't identify or understand. Extend their emotional vocabulary to go beyond happy and sad. Use words like frustrated, excited, nervous or proud.
- **Encourage and model empathy** - Empathy grows when children learn to understand both their own feelings and the feelings of others. Talk about perspectives and ask questions such as 'How do you think they felt?' or 'What might help them feel better?' Empathy helps children build strong friendships and positive relationships throughout life.
- **Praise kind actions** - Point out when your child shows care, patience, understanding or has done a kind thing to help someone else.
- **Use the world around us** - Use books, films and real-life situations as great opportunities to talk about emotions.
- **Teach calming strategies** - Deep breathing, counting, taking a break or drawing can help children regulate emotions and practice these together.
- **Feelings are temporary** - Teach your children that these big feelings are manageable and temporary, they will move past them.

When we help children understand their emotions, we are giving them lifelong skills. By validating big feelings, encouraging empathy, and teaching emotional language, we support children in becoming confident, caring, and emotionally resilient individuals.

For more information on supporting your child with their emotional intelligence [click here](#) for 'Helping Parents and Children Increase Emotional Intelligence' from Therapy Changes.

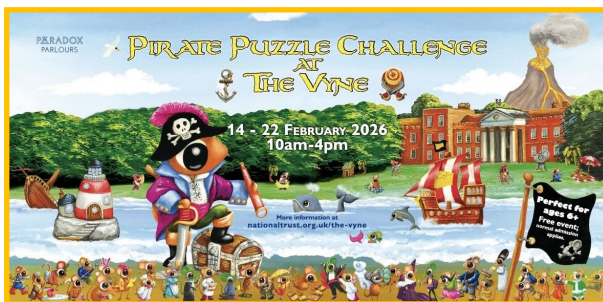
**Mrs Katie Kirby - Family Support Worker**

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## Local events and places to visit...

In addition to these, there are other events so it is also certainly worth googling to find some further ideas but to get you started why not consider the below, click on the images for more information.



## School Nursing Team Update



We are so lucky to have the School Nursing Team visit us once a month to offer a drop in clinic for parents across The Federation. A great place to ask questions and address concerns.

This could be anything from; sleep and behaviour, healthy lifestyle, toileting, staying safe, emotional wellbeing, and health conditions. These sessions are held at Westfields Infants School and are open from **8.30am-9.00am**. There is no need to book, just pop into the office at The Infants on the day.

Please see below the next few dates for this year and pay them a visit:




- **Thursday 26th February**
- **Thursday 26th March**
- **Thursday 23rd April**

In addition to this, the school nurses can see children on a one to one basis, with prior arrangement by myself. Please do get in touch if you feel your child would benefit from one of these sessions.

## Quick reference family support & helplines....

### Useful websites...

If you find yourself needing support click the links below for information you may find useful:

- ⇒ [Family Toolbox](#) 
- ⇒ [Beacon Family Services](#) 
- ⇒ [Connect to Support Hampshire](#) 

### Helpline... Citizens Advice

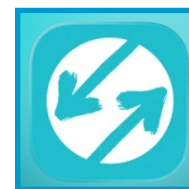
Citizens Advice give people the knowledge and confidence they need to find their way forward - whoever they are, and whatever their problem. They aim to help everyone who needs it with practical advice you can really trust. This national charity and network of local charities offer confidential advice online, over the phone, and in person, for free. To speak to Citizens Advice call: 0800 144 8848 or visit their website:

[CitizensAdvice.org.uk](https://www.citizensadvice.org.uk)

## App Recommendation of the Month...

### Separating Better

[Click here for Apple/iOS](#)



[Click here for Android](#)

Are you a parent going through separation? Introducing Separating Better – a digital support app developed by the UK's leading relationship research and innovation charity, OnePlusOne. Access video resources, read expert advice, track your progress and work towards positive co-parenting.

If you have any suggestions for topics or content for these pages in the future, please do not hesitate to drop me an email and I will do my best to include requests...