



## Don't Fix a Tantrum

Written by Natalie Christensen

Saturday, 01 June 2019 00:00 - Last Updated Wednesday, 13 November 2019 14:41

awareness and support of emotional processing can make the difference between surviving and thriving. Perhaps more important, our emotional brain also connects us with others. Deep, meaningful relationships are only possible with a robust and healthy knowledge of emotions and how to work through them, not around them.

We want our children to live the fullest lives possible. We don't want them barely scraping by,





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takes to be with an emotion.

At first it will feel effortful, like moving that new limb would be, to identify what feelings we are feeling. Initially we may only be able to name a few basics, like mad or frustrated. But the more we look, the more varied shades of emotion will emerge. The process of getting to know oneself and love oneself at this level is new and unfamiliar, but with practice we'll get better at it.

We can do this.

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