

## APOLOGIZE TO YOUR CHILD WHEN...



### WHEN YOU YELLED...

"I'm sorry I yelled. I should have taken a deep breath. Using my loud voice was not helpful. Can we try again?"



### WHEN YOU WERE DISTRACTED AND NOT PAYING ATTENTION...

"I'm sorry I didn't pay attention to you. Can we plan some one-on-one time so I can focus just on you?"



### WHEN YOU HAD UNREALISTIC EXPECTATIONS...

"I'm sorry I was rushing you this morning. I realize that you needed more time to get ready."



### WHEN YOU MADE AN INCORRECT ASSUMPTION...

"I'm sorry I immediately assumed you pushed your brother. I know it was an accident."



Using **"BUT"** or **"IF"** is NOT an apology.

"I'm so sorry I yelled, **BUT** you weren't listening and I asked three times to stop hitting your brother."

### BONUS TIP:

Teach your child **how to accept an apology.**  
Instead of "That's ok" (often it's not ok), model saying:  
"Thank you for the apology, I appreciate it."



# Emotional Intelligence Kit

Ages 5-11

This is your child's guide to mastering their emotions! With our kit, your child will learn to process their emotions in a constructive way so they can grow more attentive, empathetic, and resilient.



"I have been amazed at how this simple printable kit has changed the way my daughters talk to each other and themselves!

A real game-changer!"

- Katharine B.



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