

What to Say When Your Child is Overwhelmed

Gentle words. Big comfort. Stronger hearts. ♥



When children feel overwhelmed, their big feelings can feel too big to handle. Your calm, kind words can help them feel safe, understood, and loved.



WHAT YOU CAN SAY

1 Acknowledge Their Feelings



"I can see this is really hard for you."

This helps your child feel seen and understood.

2 Offer Comfort and Connection



"I'm here with you. You're not alone."

Reminds them they are safe and not alone in their feelings.

3 Help Them Name What They Feel



"It sounds like you feel overwhelmed."

Naming feelings helps kids feel calmer and more in control.

4 Reassure Them It's Okay



"It's okay to feel overwhelmed. Big feelings are normal."

This gives them permission to feel without shame.

5 Guide Them to Take a Breath



"Let's take a deep breath together."

Breathing helps their body calm down and feel safe.

6 Encourage Small Steps



"Let's take it one little step at a time. You've got this."

Small steps help big feelings feel more manageable.

♥ EXTRA PHRASES THAT HELP ♥

"I believe in you."



Take your time."



You are so strong."



"I'm proud of you for trying."



You can tell me anything."



Remember: Your calm voice is your child's safe place. You don't need the perfect words – just your presence and love.

You're doing a great job.

One kind word can make a big difference. ♥