

## The Power of Repair

- Even though I am still so little, I have big feelings about how I want things to be.
- My brain is developing very fast at this age. I have so many new ideas but I don't have much control over my new strong emotions. I may be protesting more and getting frustrated more easily.
- I might be hard to soothe or calm sometimes.



- Staying near to me and helping me calm down helps a lot and is NOT spoiling me.
- Telling me what is happening and helping me with what you think I might need helps me feel better and learn how to manage my big feelings.

- When you stay with me until things are OK and then help me move on, this helps me learn that I can come to you for help.
- I can be a handful at this age. Sometimes you will have big emotions too (like tiredness, sadness, anger or worry) about my frequent protesting and we can both feel upset. When you take a moment to calm yourself and then return to help me feel better, this teaches me about the power of repair in relationships.

