

# A Little Help For Big Feelings

A guide for parents and caregivers



## Big feelings are part of growing up

When your child is feeling anger, sadness, or fear, you may see tantrums, shyness, or trouble managing screen time. It's all a normal part of growing up, and it can be stressful for children and grownups.

Getting support for your child now can lead to a healthier, happier future for your whole family. Your child's doctor can help.

## Behaviors you may be seeing

If you are concerned about behaviors like the ones listed below, talk to your child's doctor for support.

- Temper tantrums or not listening
- Mood swings or being very shy
- Getting upset when away from family members
- Hitting, biting, or pulling hair
- Being too attached to screens
- Struggling to switch from one activity to another
- Challenges learning to use the toilet
- Trouble sleeping or waking up with nightmares



***“Not all approaches work for different kids or families. Keep trying options until you find what fits for your family.”***

— Charlee

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Health Share of Oregon

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### Choose support that's right for you and your child

Many support choices are covered by insurance, including Oregon Health Plan. Some options include:

#### Personal support for your child

Many clinics have providers trained to help young children learn to manage big feelings in healthy ways.

#### Resources and information

Learn what you can do when you feel concerned about your child's behavior.

#### Coaching for parents and caregivers

Get advice to help your child learn to deal with big feelings and ease stress for your family.

#### Family counseling

Learn how to manage stress and work through challenges together.

### How to ask your child's doctor for help

You can ask your doctor for support from a provider trained to help young children and families manage stress and big feelings. They may be called a behavioral health specialist, counselor, therapist, or psychologist.

#### Ask for a behavioral health appointment

Does your primary care clinic offer behavioral health services?

Can we make an appointment with a counselor or therapist?

#### Ask for support during a doctor appointment with your child

Does your clinic have a counselor or therapist we can talk to while we are here?

Can we see a behavioral health provider now or after this appointment?

#### Ask where you can find support if it is not available at your primary care clinic

Who can I call to schedule a behavioral health appointment for my child?

Where can I find behavioral health support for my child's age group?

*Together with our partners, we're helping families get connected to support to help young children grow and thrive.*



Visit [www.healthshareoregon.org/bigfeelings](http://www.healthshareoregon.org/bigfeelings) to learn more about getting support to help your child learn to manage big feelings in healthy ways.