

LIFE ARCHITECT PARENT SERIES

VOLUME 5

Parenting the Emotional Child

Helping Children Understand Feelings, Body Signals, Triggers, and Wise Responses

THE PURPOSE: Help parents teach emotional literacy and regulation without treating emotions as enemies or as commands.

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Identity • Knowledge • Character • Purpose • A Brighter Tomorrow

How to Use This Book

You do not need to finish this book quickly. One chapter per week is enough. Read the teaching page first, then use the Home Practice page with your child. Keep the conversation short enough that the child stays engaged.

The four-part rhythm

- 1. Understand - Learn one practical principle.
- 2. Translate - Say it in words a five-year-old could understand.
- 3. Practice - Use an everyday example, role-play, or small family exercise.
- 4. Repeat - Use the same language again when real life creates the opportunity.

The Life Architect baseline

MODEL: EVENT → MEANING → PERCEPTION → THOUGHT / FEELING → CHOICE → ACTION → PATTERN → RESULT

The goal is not to control every feeling. The goal is to help the child notice what is happening, test the meaning, choose according to truth and values, and practice a wiser response.

A simple child version

STOP → NOTICE → NAME → CHOOSE → GROW: Stop for a moment. Notice what is happening. Name the feeling, thought, or urge. Choose what is wise. Learn from what happens next.

Chapter 1: Emotions Are Signals, Not Bosses

BIG IDEA: Emotions provide information, but they do not automatically decide the wisest action.

Psychology lens

Emotions coordinate attention, body readiness, motivation, and social communication. Regulation means influencing the response, not eliminating emotion.

Neuroscience lens

Emotion involves distributed brain-body systems; there is no single “emotion center.” Regulation recruits multiple networks depending on strategy and context.

Scripture lens

Ephesians 4:26; Proverbs 16:32. Use the passage to discuss truth, wisdom, responsibility, hope, and character in context rather than as a slogan.

Everyday example

Anger can signal “something feels wrong,” but it does not make hitting wise.

SAY IT TO A FIVE-YEAR-OLD: Feelings can talk. They do not get the final vote.

Parent reminder: Keep correction specific. Keep dignity intact. Keep the next step visible.

Home Practice 1: Emotions Are Signals, Not Bosses

Try this this week

For one emotion, ask: What is it telling me? What action would be wise?

Scenario to work through

What information might anger contain without excusing aggression?

Use these four questions

- What happened?
- What did you think it meant?
- What did you feel or want to do?
- What choice would match truth, wisdom, and the person you want to become?

Parent language

"I am not asking you to pretend this does not hurt. I am asking us to understand what happened, check the story, and decide what a wise next step looks like."

Child reflection

What I noticed: _____

What I can practice: _____

One thing I want help with: _____

One-minute close

REPEAT: Feelings can talk. They do not get the final vote.