



"Don't Get So Upset!": Help Young Children Manage Their Feelings by Understanding Your Own Own

Tamar Jacobson PhD

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All childcare professionals were children once, and how their parents responded to their emotional expressions affects how they respond to emotional expressions by children in their own care.

"Don't Get So Upset!" examines the uncomfortable emotions providers feel—and the inappropriate ways they may respond—when children exhibit strong feelings, especially anger, fear, and grief. The book challenges teachers to reflect on their own emotional histories and to find strategies for responding to children in ways that support children's emotional health and development. It also examines how gender, culture, and societal roles can impact providers' responses to children's emotional expressions.

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