

# How To Handle A Sulking Child



Validate their feelings and let them know it is okay to feel upset.

Ask open-ended questions that cannot be answered with a yes or a no to understand them better.



Encourage them to express their feelings through pictures or talking to a trusted friend.

Offer comfort and support by hugging and saying kind words.



Try to figure out if there is any underlying problem, such as anxiety or bullying.

Set limits to let them know that being disrespectful or lashing out is unacceptable, even if they are upset.

