

## Managing mood swings



There are lots of changes that happen when your child goes through puberty.

Many of these changes happen to your child's body.

But sometimes their feelings might change too.

They might feel angry or sad more often.

Their feelings might change quickly.

They might be happy and then all of a sudden they might be sad.

This is sometimes called a mood swing.

Mood swings can happen more often when children go through puberty.

It is a normal part of growing up.



This can be hard for your child.

It can also be hard for you.

Your child might show their feelings  
by being angry or rude to you.

This can sometimes make them hard  
to talk to or spend time with.

There are lots of things you can do  
to help your child with their mood  
swings as they go through puberty.

### What is on this page?

This page is about how you can help  
your child with their mood swings.

It has information on:

- why talking to your child about their feelings is important
- things you can try to help your child with their mood swings





## Talking to your child about their feelings

Sometimes your child might not understand what is happening to their feelings.

This can make them feel confused and upset.

It is important to talk to your child about how they might feel during puberty.

Talking to your child about the changes that are happening to their body and their feelings can help them to understand:

- why they are having these feelings
- these feelings are part of growing up
- these feelings will not last forever

For more information on how to talk to your child about puberty changes go to [Teaching about differences between girls and boys bodies](#)



## Things for you to try

### Be flexible

If you can, try to be flexible with the activities that your child needs to do in their day.

Give your child more time than usual to prepare.

Plan things for times when your child is usually in a better mood.

### Show your child you understand their feelings

It is good to show your child that you understand how they feel.



You can do this by saying things like:

- “I understand that this is hard for you and that you don’t feel happy right now”
- “This is making you really angry isn’t it?”
- “I understand what you are saying.



I am sorry you feel sad.

I am sure it doesn’t feel very nice”

You can also show your child that you understand their feelings by:

- looking sad if they are sad
- looking happy if they are happy



## Self-soothing

Self-soothing activities are things that your child can do to help calm themselves down.

Self-soothing activities can help your child to learn how to deal with their feelings and moods.

This can include:

- breathing in and out slowly
- holding something that they can squeeze tightly
- listening to music they like
- thinking about their favourite place



You can also make a self-soothe box with things that help your child to feel calm.

You could include things like:

- play-doh, bubbles or soft toys
- your child's favourite stories or picture books
- photos of your child's favourite places

If your child starts to get angry or feel upset, you can tell them to go and play with their self-soothe box.

This can help them to feel better.



### Take care of yourself

Sometimes it can be hard helping your child with their feelings.

It is important to take some time to look after yourself.

You can do things you like or have quiet time by yourself.

This can help you to feel better.

It can show your child that it is important to take care of yourself and respect everyone's feelings.

### BEING A HEALTHY WOMAN



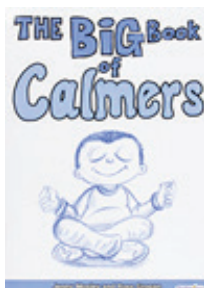
An educational resource for women with intellectual disability, their families, health care providers, carers and support workers

Resources for you to use

Being a Healthy Woman

Family Planning NSW

<https://www.fpnsw.org.au/being-a-healthy-woman-factsheets>



The Big Book of Calmers

Jenny Mosley and Ross Grogan



## Talk About Cards – Self Awareness

Alex Kelly LTD

<http://alexkelly.biz/>



## The Kids' Guide to Staying Awesome and In Control: Simple Stuff to Help Children Regulate their Emotions and Senses

Lauren Brukner



## Yoga and mindfulness toolkit for kids

Nurture and Thrive

<https://nurtureandthriveshop.com/products/yoga-and-mindfulness-toolkit-for-kids>



## What to read next?

- [Developing sexual feelings](#)
- [Emotional changes - normal](#)

**For more information go to the  
Planet Puberty website**

[www.planetpuberty.org.au](http://www.planetpuberty.org.au)