



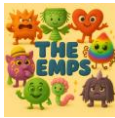
How to Use the Emps

Parents Guide

Welcome! The Emps (Emotion Imps) are here to help you and your child explore feelings in a playful, non-scary way.

Whether you're using them at home, in the car, or during bedtime chats, this guide gives you 5 easy steps to start.





Step 1: Meet the Emps

Introduce the Emps like characters in a story.
You can use the free printable cards, emotions wheels and resources on our website.

Script: "These are the Emps, little creatures who visit us when we feel something big."

Let your child notice their colours, shapes, and faces. Ask:

- "What do you think this Emp is feeling?"
- "Which one do you like the most today?"

Let them explore and play first... no pressure!



Step 2: Use for Daily Check-Ins

Try asking:

"Which Emp is visiting you today?"

Use Emps at:

- Breakfast
- After school
- Bedtime wind-down

This builds emotional awareness in small, regular ways



Step 3: Reflect Together and Explore the Why

Help your child think about why a certain Emp might be around:

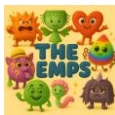
Scripts:

- "Fraggle the Anxiety Emp might be here because it's your first time trying something new."
- "Flaregrump the Anger Emp might show up after a tough day at school."
- "Is Tanglekind the Belonging Emp here because your friends saved you a seat at lunch today?"

Linking emotions to experiences helps develop emotional literacy and self-awareness.

Remember there's no need to fix it, the first step is to just name it together.





Step 4: Help the Emps Feel Safe and Build a Regulation Toolkit

Use The Emps to co-create calming strategies through co-regulation and known effective regulation strategies to support your child's emotions:

- Shall we find a quiet space for Zigzaggle the Overwhelm Emp?"
- "Let's name 3 things we can see around the room to help Fraggles the Anxiety Emp settle.

Tip: explore our website (the-emps.com) for a whole range of disarming steps for each of the big emotions.

Pair with breathwork, drawing, sensory items, or movement, the Emps offer a child-friendly entry point to co-regulation.

Remember you are teaching emotional regulation through connection.



Step 5: Keep It Light

There is no right or wrong way to use the Emps. One day children might chat, the next they just want to cuddle. Both are okay.

Just by having the Emps around, you're saying:

"All feelings are welcome here."



Remember:

You don't have to fix emotions, just be with them.

By exploring feelings together, you're helping your child grow up feeling safe, understood, and emotionally confident.





Thank you for helping your child/children feel safe to feel.

Dr Nat & the Emps



Keep Emping!

