Caregiver Handouts

Early Adolescent Skills for Emotions

World Health Organization

unicef
for every child
The caregiver handouts are designed to be used with the Early Adolescent Skills for Emotions intervention manual.


**Instructions**

The EASE caregiver handouts are used during the caregiver sessions to tell caregivers about the skills that adolescents are learning during EASE; to inform caregivers about signs of distress in their adolescents; and to summarize the caregiver skills.

The caregiver handouts are given to the caregivers during the sessions. You will need to make multiple copies of each of these handouts so that there are enough for each caregiver attending the EASE sessions.

Each handout should be printed separately as these will be given to caregivers at different times during the EASE group. However, if it is not possible to make multiple copies of each handout, then make one copy of all the handouts. Then use each handout as a poster e.g. to display in the session only and not give to caregivers.
Adolescent Skills

Understanding My Feelings

Calming My Body

Changing My Actions

Managing My Problems

Early Adolescent Skills for Emotions

Caregiver Handout
Warning Signs

Changes in how young adolescents...

1. Use your caregiver skills
2. Turn to someone for help

Early Adolescent Skills for Emotions
Caregiver Handout
Caregiver Skills

- Understanding your feelings
- Active listening
- Quality time
- Praise
- Caregiver self-Care

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Caregiver Handout