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Is your child acting out instead of expressing sadness? Could it be their way of asking for help? Many children struggle with naming their emotions, leading to meltdowns or aggressive reactions. This article dives into the developmental reasons behind these behaviors and offers practical strategies to help parents teach emotional awareness and healthier coping mechanisms.

# Children`s Sadness

## From Crying to Aggression: Why Do Children Not Know How to Express Sadness Properly?

Children often don't know how to express their sadness correctly because their emotional intelligence and ability to manage feelings are still developing. Psychologists explain this by several reasons:

1. **Immaturity of Emotional Intelligence**

Until a certain age, children do not possess the skills to consciously recognize and understand their emotions. They may experience strong feelings but not know how to name or explain them. Psychologists state that children go through several stages of emotional intelligence development, and in early childhood, they are more likely to express themselves through physical reactions (crying, aggression) rather than verbal expression.

1. **Inability to Regulate Emotions**

Young children, especially those aged 3-5 years, often lack the ability to control intense emotions. Sadness, like other strong feelings, can overwhelm them. Psychologists explain this by the fact that the part of the brain responsible for self-regulation (the prefrontal cortex) is not fully developed in young children. As a result, they may exhibit aggression or other forms of destructive behavior when they don't understand how else to cope with emotional discomfort.

1. **Adult Behavior Models**

Children learn to express emotions by observing adults. If emotions are not openly discussed in the family, or if parents themselves display aggression when faced with difficult feelings, children may replicate this behavior. A child might copy the behavioral patterns they see, without alternative strategies to express their emotions.

1. **Shame or Fear About Expressing Sadness**

Sometimes children feel that their emotions, such as sadness, are unacceptable or lead to disapproval from their parents. This can occur if adults condemn crying or the display of weakness. As a result, children may suppress their sadness or express it through aggression because they are not sure that showing sadness will be safe for them.

1. **Biological Reasons**

Psychologists and neurobiologists also note that, at an early age, children are more inclined to physical reactions due to the developmental characteristics of their nervous system. It's easier for them to act physically (crying, hitting, biting) than to describe what they are feeling. This is due to the immaturity of verbal and cognitive functions, which continue developing until adolescence.

### What Can Parents Do?

Psychologists recommend that parents actively participate in the development of their child’s emotional intelligence. This can be done by teaching children to name their emotions and showing them how to deal with them. It's important to help the child understand that sadness is a normal emotion that can and should be expressed with words.