Helping Families Learn About Big Feelings in Children's Daily Lives

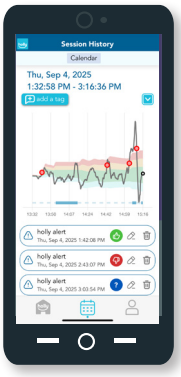
It's hard for children to handle their feelings because the world asks a lot from their growing brains and bodies.



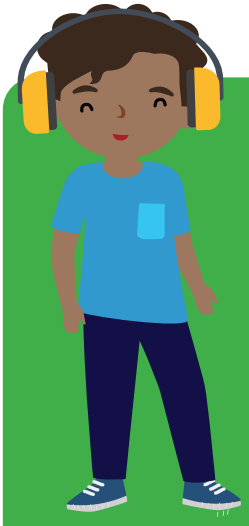
We can use children's heart rate to help us learn when they may have "big feelings". Smartwatches make it easy to track this information every day.



We created an app that uses heart rate data from a smartwatch to show when a child may have big feelings. It shares this feedback with families in a smartphone app.



We studied if families could easily set up and use the app and if it was a good fit for their family life. We also asked if the app helped caregivers understand their child's big feelings.



- 126 children took part in our study.
- Children were 5–19 years old and their caregiver told us that the child had difficulties with big feelings.
- Children had diverse abilities, strengths, and needs.



1. Caregivers answered questions about the child.
2. Families used the app as often as they wanted for three weeks.
3. After three weeks, children and caregivers answered questions about their experience using the app.

Children of all different ages, profiles, and family backgrounds liked using the app.

easy to set up

83%

Caregiviers found the watch easy to set up and use.



comfortable to wear

93%



Children with different sensory profiles found the watch comfortable and would continue to wear it.

acceptance

97%

Caregivers said family members were supportive of using the app.



On average, children wore the watch for 7.7 hours a day



Families used the app in many different places, most often at...

- HOME 93%
- SCHOOL 71%
- RUNNING ERRANDS 71%

Caregivers used the app to learn about their child's emotional patterns and to talk about feelings with their child.

Our study shows that the app helped children manage their big feelings and supported them at school. Our next step is to run another study to make sure this is true for more families.



Infographics developed with support from Evidence to Care

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