



## How does your child feel?

Just like you, your child has many different emotions. But your child doesn't know the *words* for all those feelings yet. You can help.

**Use words—in English or your home language—that your child understands.**

*"You looked surprised when the cat jumped up! Did you know Boots was under there?"*

**Encourage your child to talk about feelings. Respond with empathy.**

*"I'm sorry you are feeling lonely because your friend can't come over."*

**Use books and pictures—or songs and videos—to talk about how people look and act when they feel different emotions.**

*"How do you think that boy feels? What do you see?"*

**Discuss new ways your child can respond when feeling stressed.**

*"Remember when Josh took your fire truck? You were so angry you pushed him. What will you do if that happens this time? Ok, you will ask him to give it back?"*

**Describe positive ways to help calm down when emotions feel out of control.**

*"Take a deep breath. Would you like to take a break?"*

**Talk about your own feelings and manage your emotions in positive ways.**

*"I'm feeling frustrated from my day at work. I need a few moments to sit and relax."*



**Young children have very strong emotions. In the process of learning to express them in words, they sometimes lose control. When you help your child manage feelings, you teach self-control and social skills. Both are important for school success.**