



Understanding Feelings

When parents show they understand feelings, children learn how to be understanding, too. Understanding helps us build strong relationships and handle life's challenges.

SHARE "understanding" with your child...



- **Comfort your child when he or she is upset**
 - *"I understand. It really hurt when you fell."*
 - *"It must have made you mad when he took your toy."*
- **Name feelings**

<i>"I am"</i>	(or)	<i>"You look..."</i>	(or)	<i>"You might feel...."</i>
<ul style="list-style-type: none"> • sad • happy • excited 		<ul style="list-style-type: none"> • proud • embarrassed • worried 		<ul style="list-style-type: none"> • mad/ upset • scared • confused
- **Connect feelings to what you see**
 - *"I think Ralph might be mad. He is breathing fast and holding his fists."*
 - *"Look at that smile – you are so happy!"*
- **Comment on how people react to situations or words**
 - *"When you share with him, he looks happy."*
 - *"When Sally called Ezia a name, it hurt his feelings. See, he's crying."*
- **Play games**
 - Draw different feelings on your child's face with your finger or a cotton ball. Ask your child to guess the feelings.
 - Ask your child to draw a feeling on your face (e.g., happy, mad, sad). Then you try to guess the feeling. Or you can draw faces on each other at the same time.

ASK your child about feelings...

- *"What are you feeling right now?"*
- *"She looks sad. I wonder what made her feel sad?"*



PAUSE and THINK about others' feelings throughout the day...

- When meeting new people
- When you see your child's mood change
- At bedtime
- When reading about characters in books

AND babies and toddlers, too!

- Hold your baby so he or she can see your face.
- Make faces for your baby to copy. Let your baby see you copy his or her face.

More FREE online resources to build your child's resilience
www.reachinginreachingout.com/parents (videos, books, parent stories, articles, newsletter and more)