



# 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"> <li>• sad</li> <li>• happy</li> <li>• excited</li> </ul>		<ul style="list-style-type: none"> <li>• proud</li> <li>• embarrassed</li> <li>• worried</li> </ul>		<ul style="list-style-type: none"> <li>• mad/ upset</li> <li>• scared</li> <li>• confused</li> </ul>
- **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](http://www.reachinginreachingout.com/parents) (videos, books, parent stories, articles, newsletter and more)