

TALK ABOUT FEELINGS

DID YOU KNOW?



Did you know that kids who know the words to explain their feelings have fewer temper tantrums and better behavior?

Children have lots of feelings – like fear, disappointment, sadness,

worry, anger, joy and hope. All these feelings are ok, it's our job to teach kids about feelings so they can communicate them to us.

Talk about feelings with your children.

There are many things you can do to teach your children about their emotions.

NAME THEIR FEELINGS.

Teach young kids simple words like **happy**, **mad**, **sad** and **scared**. And don't stop teaching the names of feelings as kids get older - you can teach older kids more complex feelings like **frustrated**, **disappointed**, and **nervous**.

A great way to help kids learn the names of feelings is to talk about characters in books or on TV. Be specific about what you see, for example "The dog looks like he is feeling embarrassed, his head is down and his cheeks are red. How do you think he is feeling? What do you think he should do?"

IT IS OKAY TO FEEL SAD, MAD, FRUSTRATED OR EMBARRASSED. **TEACHING YOUR CHILD TO SAY HOW THEY FEEL**, EVEN WHEN THEY ARE FEELING BAD, IS ONE OF THE BEST WAYS YOU CAN GET THEM READY TO FACE DIFFICULT THINGS IN LIFE.

TALK ABOUT FEELINGS.

Show kids how to use their feeling words every day by saying your feelings. Say "I feel sad that you don't want to share your toys with your sister. I bet she feels sad too."

Use **feeling words** when you ask your child about their day. Instead of saying "are you ok?" or "how was your day?"

use specific words so they can practice naming their feelings. For example say "Tell me something that made you happy or proud today" or "what made you worried today?"



You can also use a chart with pictures of feelings so they can show you how they feel each day. Make this part of your morning or bedtime routine.

LET YOUR KIDS HAVE ALL THEIR FEELINGS.

When your child makes a mistake or has bad behavior, use this time to **teach them about how to deal with hard feelings**.

Parents want to fix their child's problems and stop sadness or anger. Instead, **help them put a name to their feeling and learn to help themselves calm down**. For example, you can say "Yes, that is frustrating when you are trying to do something and it doesn't work. What can we try next time?" or say "It looks like you are very mad. Can you tell me if you are mad?"



TALK ABOUT FEELINGS

HOW ARE YOU FEELING TODAY?



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