

Feelings

Talking makes a difference

Label emotions

Name emotions throughout the day e.g. "you look happy playing", "you are sad after falling over"



- Talking about feelings every day helps your child feel seen, understood, and more confident using language.
- Build time into your day to ask your child how they are feeling such as after school and bedtime.
- Let your child know it's ok to feel what they are feeling.



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Story time

Talk about feelings in books that you share together e.g. "Tommy is happy playing at the park."

Big feelings

"Name it". Stay calm and help your child label the feeling: "I think you're feeling frustrated because it didn't go how you wanted."

Play time

Use dolls, toys or characters to act out different emotions as you play e.g. "Bear looks angry, maybe he didn't get a turn. What can we do to help?"