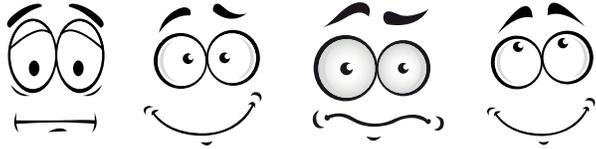
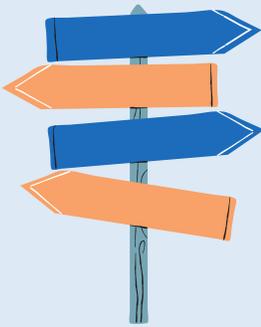


Let's TALK!



Questions to Spark Conversations

A way to get started...

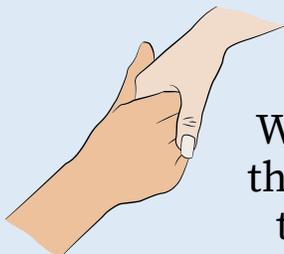


Look for Signs

Kids don't always say what they're feeling. Instead, you might notice they are having trouble sleeping, want to be by your side all the time, or are having bigger reactions to things. These can be signs that they are feeling some BIG emotions.

Say What You See

Mention when you see your child looking happy or sad, anxious, or mad. You can say things like, "I notice you are stomping. Are you feeling a little frustrated?"



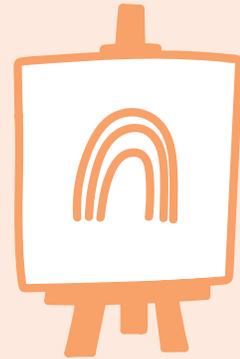
Assure & Connect

When your child is struggling with a big emotion, let them know that all feelings are okay. Then try telling them about a time you felt that way and how you go through it.

More ways to keep your child sharing...

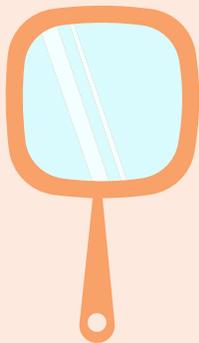
Express

Kids have all different ways of sharing their emotions. Some will have an easier time drawing how they feel or showing their feelings with a dance or a song. Others want to talk about it. You might give your child a few options:

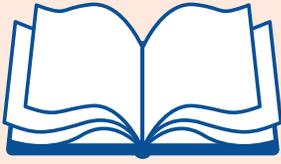


- Do you want to draw a picture that shows me how you're feeling?
- What's a dance move that shows your feeling?
- Give me a thumbs up if you are feeling frustrated/ excited/ mad...
- Do you want to choose a song that captures your feelings? I'd love to hear it.

Name Emotions



The more you talk about emotions, the more words your child will have to say how they feel. Try teaching emotion words with games. For example, make feeling faces in the mirror. Can your child guess the feeling? Make a surprised face and a frustrated face. How about a nervous face?



Read All About It

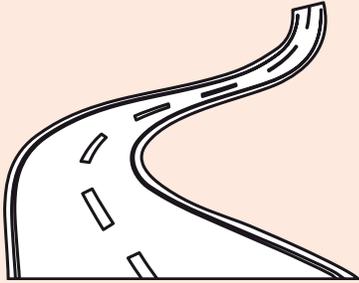
As you read bedtime books, talk about the emotions that the characters are feeling. You might say, “How do you think she’s feeling? Have you ever felt that way? How did you get through it?” For younger children, notice feelings in the pictures. Try, “Can you point to the character who looks happy? Let me see your happy face.”

Check In Daily with Questions



- What’s one thing you hope will happen today?
- What’s one thing that made you feel happy today?
- What’s one thing you would change about today?
Why?
- Was anything hard about today? What was hard?
- What made you feel frustrated today? How did you get through it?
- What’s one thing that made you feel proud today?
- What’s one thing you are thankful for today?
- What’s one thing you are hoping to do tomorrow?

Follow Your Child's Lead



Some kids have an easier time talking about feelings in the morning. Some like to share later in the day. Notice times your child seems most open to sharing. This can be a great time to check in. You know your child best and will find the time that's just right!

Finally...

It's Okay to Reach Out

If your child's emotions are making it hard for them or you to get through the day, it's always okay to reach out. Call your child's pediatrician or nurse if you are concerned.



You can also call the National Parent Helpline to speak to a trained Advocate:
Dial 1-855-4-A-PARENT (1-855-427-2736)
HOURS OF OPERATION: Monday through Friday 10:00 AM PST to 7:00 PM PST