



Social Emotional Expressing Feelings

Parents can help their children understand and express their emotions.

The following strategies are some of the ways you can help your child express his/her feelings:

1. Explain the feeling by using words your child can easily understand: "I see you are upset..." "I know you are mad..."

2. Teach your child the different ways he/she can deal with feelings. "I know you are upset because you want the toy but you can have it later etc.,

3. Acknowledge your child the first time he/she tries to talk about his feelings instead of just reacting.

4. Support your child to talk about feelings and practice. Offer new strategies for expressing emotions appropriately every chance you get. For example, you can talk about feelings when you are playing a game, when you are riding in the car, or when you are eating dinner.

There will be all kinds of things that happen every day that will be great opportunities for you to talk about feelings. The more often your child practices, the faster your child will learn.

Expressing Feelings Support

Sometimes children express their emotions in ways that are problematic. Your child might cry when frustrated or throw toys when angry.

Here are some different ways you can teach your child to act on feelings :

- Ask for help
- Solve problems with words
- Say it, don't do it (*say "I am mad" instead of throwing toys*)
- Describe what you are feeling
- Ask for a hug



Positive Parenting



ZERO TO THREE
Early connections last a lifetime

Positive parenting describes a set of parental behaviors that foster a child's capacity to **love, trust, explore and learn**. The goal of positive parenting is to help parents guide their children's healthy development in the context of the family's culture. Key elements of positive parenting include the ability to:

Understand or imagine the **child's point of view**, especially during challenging moments.



Respond with interest and **sensitivity** to the child's cues.



Recognize that **parenting can be stressful** and missteps are a natural part of child-rearing.



Recognize and **celebrate** the child's strengths, abilities, and capacity to learn and develop.



Provide consistent, **age-appropriate guidelines** and limits for child behavior.



Work toward a **balance** of meeting parental needs and child needs.



Delight in **moments of connection** with the child;



Recognize and **regulate their own feelings** and behaviors before they respond to the child.



Seek help, support or additional information on parenting **when needed.**

