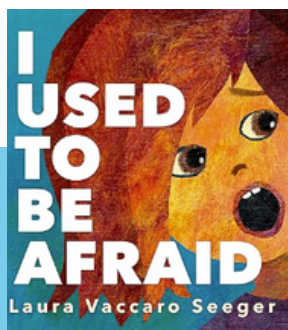


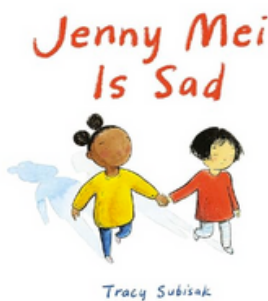


Feelings and Emotions

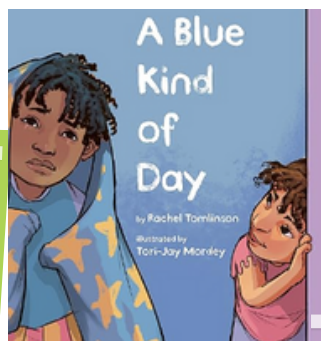
October 2023



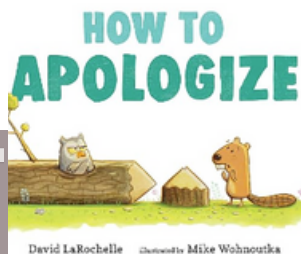
I Used to Be Afraid
Laura Vaccaro



Jenny Mei is Sad
Tracy Subisak



A Blue Kind of Day
Rachel Tomlinson



How to Apologize
David LaRochelle



La armadura de Hugo
Susanna Isern



Woo hoo! You're Doing Great!
Sandra Boynton



All books are available at local libraries. Click on each book cover for read-aloud links!

Family Activity: Tuning In

Everything you do is an opportunity to support the emotional well-being of children, now and over a lifetime. Here are some ways to talk through feelings with your little one:

- **Help** children use words to describe their feelings. This helps build your child's emotional intelligence and helps them express their emotions so they can work through the more challenging ones. For example: "I see that you're crying. Are you feeling sad?" A good follow-up question is: "What's making you sad?"
- **Remind** your little one that it's normal to have feelings like sadness and frustration, and avoid telling them to not feel their feelings (as in "don't be sad").
- **Remember** that behavior is the main way young children communicate their emotions, because they may not have the words. Look for changes in behavior, and consider why they may be occurring; for instance, are they tired or hungry?
- **Listen** openly and accept what your child has to say, repeating back to the child what you heard.
- **Model** how you handle your feelings: show your child that you feel big feelings too, and share how you help yourself by taking belly breaths or going for a walk.

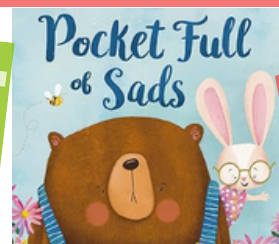
Inspired by Sesame Street in Communities Activity, "Tuning In"

Family Reading Tip: Let Your Little One Lead

Make reading an activity your child feels they have control over by letting them choose books that attract their attention. Often babies and toddlers will want to flip the pages and explore the images in books. It is important to allow your little one to take the lead on their literacy journey so that they can develop a positive relationship with reading!



Grumpy Monkey
Suzanne Lang



Pocket Full of Sads
Brad Davidson

An early learning collaboration by:

