

## Parent Tips:

# Use Your Words

When children can talk about their feelings with a caring listener, they find out that their feelings are natural and normal, and that others have felt that way, too.



## Label Those Emotions

- Children have internal sensations they may not know are emotions. Help them label those emotions! Giving simple words to use can help them feel power over those feelings.
- You can say things like “It’s okay to be sad. What is something that could help you feel better?” or “I can see you’re really happy because \_\_\_\_.”

🎵 Use Your Words. 🎵



## Words can State Feelings

- Remind your child that they can always ask for an adult’s help.
- When your child is upset, remind them to take a deep breath, count to four and then they’ll be better able to find their words.
- Offer praise to your child when they remember to use words to state how they feel: “I really liked the way you used your words when you told J that he hurt your feelings.”
- Remember that children who can express their feelings in socially acceptable ways (with their words instead of yelling, hitting, etc.) are less likely to show behavior problems.
- It is important for children to know that adults have feelings, too. Model using your words when you are full of “feelings”.