

WHAT
MAKES
YOU
HAPPY?



TODAY
I FELT...



LET'S TALK ABOUT FEELINGS

- When your child is upset, **show empathy**, even when you don't understand why they're upset. Saying "that must be difficult" can show your child that you understand what they're feeling.
- **Encourage** your child to tell you about their day. Use statements like, "that's interesting!" or, "tell me more!" to show them that you care.
- **Use feeling words** every day and practice talking about them around your child. Saying "I feel happy when..." or, "I feel sad when..." shows your child it's safe to express their feelings around you.
- **Teach** your child healthy coping skills to deal with feelings that are overwhelming. Deep breathing, listening to music or painting a picture are ways to express big emotions.

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