Children See Children Do

Tip Sheet 6

Understanding Feelings

When parents show they understand feelings, children learn how to be understanding too. Understanding helps us build strong relationships and handle life's challenges.



SHARE "understanding" with your child

Comfort your child when they are upset

- "I understand. It really hurt when you fell."
- "It must have made you mad when he took your toy."

Name feelings

I am…
Sad | Happy | Excited **or**

You Look…
Proud | Embarrassed | Worried **or**

You Might Feel…
Mad/Upset | Scared | Confused

Connect feelings to what you see

- "I think Ralph might be mad. He is breathing fast and holding his fists."
- "Look at that smile… you are so happy!"

Comment on how people react to situations or words

- "When you share with him, he looks happy."
- "When Sally called Ezra a name, it hurt his feelings. See he is crying."



ASK your child about feelings

- "What are you feeling right now?"
- "She looks sad. I wonder what made her feel sad?"



PAUSE and THINK about others' feelings throughout the day

- When meeting new people
- When you see your child's mood change
- At bedtime
- When reading about characters in books



AND babies and toddlers too!

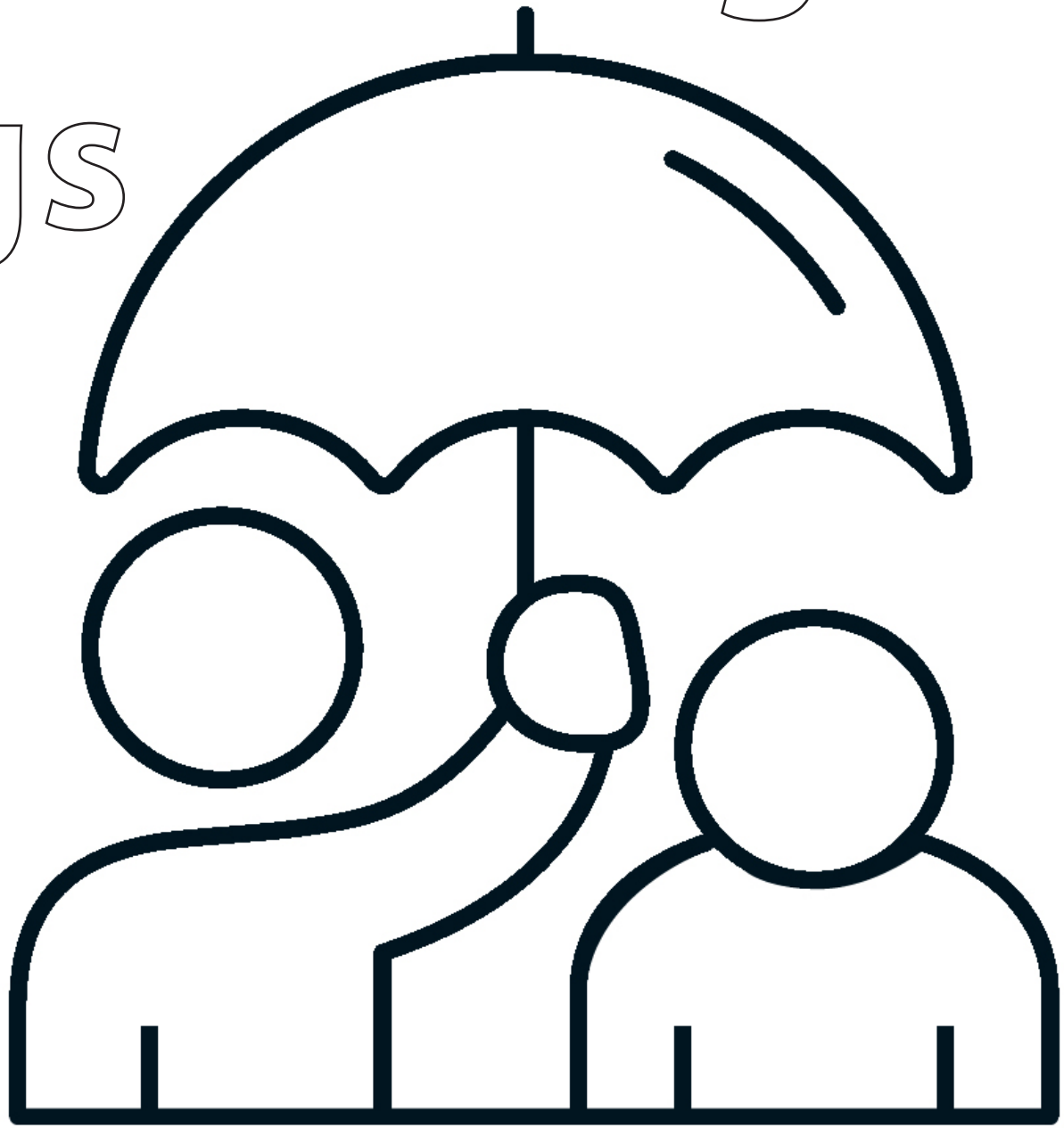
- Hold your baby so they can see your face.
- Make faces for your baby to copy. Let your baby see you copy their face.

Reaching IN...Reaching OUT ᴼᴹ (RIRO),
is a set of resilience skills trainings designed to strengthen well-being and resilience in adults and children through role modeling and relationships.

Learn more at **www.wellington.ca/riro**

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Understanding feelings



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