



ParentsPlus

Early Years Programme

PARENT BOOKLET

An evidence-based parenting course promoting confidence, learning and positive behaviour in young children aged one to six years.

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Talking about Feelings

Noticing and naming feelings really encourages children and is a great way of connecting. Learning to talk to children about feelings is really important as it helps them:

- ➔ understand themselves and other people
- ➔ learn how to communicate well
- ➔ manage negative feelings and feel less upset

Teaching Feelings

The best way to teach the language of feelings is to **notice** and **name** when your child experiences a strong feeling.

If you see your child...

smiling when playing

Get down to his level and match the smile on his face.

getting frustrated with building a tower

Get down to her level, with a sympathetic face.

protesting about a rule

Acknowledge her feelings (without giving in) to help her cooperate.

refusing to give you a hug

Rather than being critical or 'hurt' you can be 'light' and acknowledge your child's feelings.

protesting at having face washed

Acknowledge your child's protests.

You can say...

'You have a big smile, you like playing with Teddy!'

'Oh, it's hard building the blocks. We can do it together if you like?'

'I know you want to stay (in a sad voice) but it is time to go home... and you can play with your cars at home (in an upbeat voice).'

'Oh, I guess you don't feel like a hug right now - we can have one later when things are calm.'

'Oh, you don't like your face being washed, let's do it with this lovely sponge.'

Talk About Your Feelings Too

When you talk to your children about your own feelings, this helps them understand what you are feeling and gives them a model for how to communicate well.

- ➔ *'I really love playing with you'*
- ➔ *'I'm so proud of you'*
- ➔ *'Dad is a bit sad, at the moment, but he will be happy again soon'*
- ➔ *'Mum is a little cross now, as we are getting late'*

