



Minding the Baby

Yale Child Study Center
230 South Frontage Road
New Haven, CT 06520-7900
Phone: 203-785-5589

December 2010

Greetings from Minding the Baby!

We hope you are enjoying the season. Holidays can be a lovely time of family gatherings and traditions. They can also be stressful. Make sure to take some time for yourself. Enjoy happy moments with your child!



MARK YOUR CALENDAR! We are planning our **yearly get-together in March**. Look for details in our next newsletter. We hope you can come. We love to visit with you and your children!

Teach your child to notice and express feelings!

Your son is having trouble getting his coat on. You walk over to help him and he turns his back. He says angrily, "I can do it!" He tries again and then throws his coat on the floor and walks away.

What can you do?

Young children have many emotions and are often not good at putting their feelings into words. When they yell or throw things, we may want to walk away or get angry too. However, these are opportunities to teach our children about their feelings and better ways of expressing them.

How can we do this?

Start by teaching your child to notice their feelings. Give him or her lots of words to talk about how they are feeling. When you see a picture in a magazine or book, show your child and talk about the feeling the person may be having.

For example, point out a picture of a child crying and say:

*What do you think she is feeling?
Why do you think that?
What do you think happened?
What could she do?*

Notice your child's feelings and point them out...

*I see you are smiling. Are you happy?
I see you are frowning. Are you sad?
You seem worried. What's going on?*

Make a feeling book...

Draw or cut out pictures and staple them together into a book of feelings. This could include lots of different feelings OR make a happy book with lots of happy pictures!

Play feeling games...

Act out an emotion and have your child guess what you are feeling. Take turns. Look in a mirror together and make faces showing different emotions.

Reinforce feelings with praise...

When your child tells you how he or she feels, be positive! Children need to be praised for expressing their emotions. This is good even when you wish your child didn't feel sad or upset.

For example, say to your child, *Thank you for telling me how you feel. It's hard to feel (fill in the blank with your child's difficult feeling), isn't it?*



Remember, the middle of a tantrum is not the time to teach about feelings. Pick a quiet happy time for these games.



Turn over for more tips and a
Feelings Word Cloud!

Expressing feelings continued...

Be a Role Model...

Teach ways to express feelings.

Talk about your feelings, both positive and negative.

Talk about how you cope with sad or angry feelings. Do you take a deep breath or find a quiet place to calm down?

Show your child when you feel happy. Jump for joy!

Reassure your child that he or she can ask for a hug when feeling sad.

*Source: http://csefel.vanderbilt.edu/documents/teaching_emotions.pdf



Feelings Words

peaceful calm angry relieved
brave cheerful confused disappointed
embarrassed excited curious friendly
generous important fantastic shy
bored silly impatient interested
lonely surprised proud jealous
stubborn frustrated loving safe
overwhelmed worried tense



Co-Directors: Lois Sadler, Nancy Close, Arietta Slade, & Linda Mayes

Home Visitors: Denise Webb, Sarah Fitzpatrick, Tanika Simpson, Bennie Finch, Dana Hoffman, & Rosie Price

Researchers: Patricia Miller & Andrea Miller

Project Director: Crista Marchesseault



Happy Holidays from Minding the Baby!