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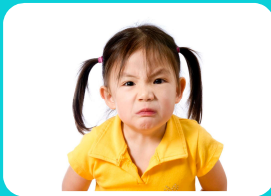
## Little Talks & Social/Emotional Development

For young children, an important part of learning how to understand, express, and control their emotions is learning the words used to label different feelings.



Young children only understand "mad", "sad", and sometimes "happy".

When children cannot use words to tell you how they feel, they use their actions.



Children smile and laugh to tell you they are happy.

Children cry, scream, and throw tantrums to tell you they are mad or sad.



You can help your child learn to use words to tell you how they feel by connecting words to feelings.



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Label your child's feelings. Try to talk about positive feelings more than negative feelings. (e.g., "I see you are so excited now because it is snack time.")

Talk about the clues you used to guess your child's feelings. (e.g., "You smile and laugh when you dance! You must feel happy.")

### Connecting Words to Feelings

Give your child ways to stay calm and use their words when they are mad or sad. (e.g., "I know you are mad that we left the park. Maybe hugging your favorite teddy bear will make you feel better.")

Help your child label the feelings of others, such as family members or the characters in books. (e.g., "The dog looks sad because he cannot find his bone.")