



Parent Page



Doing What is Right

We are learning about caring for friends. We heard a story about a friend who was making another friend sad. We talked about ways to help make a sad friend happy.

Here are some things you can do at home:

- **Tell your child about your feelings.** You can say, “I had a really good day because my boss told me I was doing a good job. I felt proud.” Sharing this with your child can help them learn to communicate their feelings.

You can talk about a bad day too. Everyone has a bad day sometimes. When you talk with your child about a bad day, make sure you keep it light so that you do not worry your child. For example, a bad day at work might be explained by saying, “I was hoping to get a project done, but I did not. I felt disappointed.” Or, you could say, “There was very bad traffic on the way home, and it took me an extra half hour. I felt really frustrated.” These are the kinds of things children can handle. Give your child a chance to give you a hug and make your day better, too.

Caution: Parents should not share adult feelings or adult problems with children.

- **Help your child talk about feelings.** Using a happy face or sad face picture may help your child tell you how they are feeling. Sometimes, it is easier to point to a picture or talk about a picture of feelings. Use the happy and sad faces on the back of this paper. Ask your child how they are feeling. Your child can answer by pointing at one of the pictures. They might also say “happy” or “sad.”

Be sure to let your child know you are glad to know how they are feeling. Then ask, “tell me why you are feeling (happy or sad).” Try asking questions that will encourage your child to talk more.

Instead of asking:

Are you happy? Or Are you sad?
Are you sad because you miss your friend?
Are you happy because it’s a sunny day?
Would some ice cream make you happy?

Try this:

Tell me how you are feeling.
Tell me what is making you feel sad.
What is making you feel so happy?
What might help you feel better?

