Children are not born knowing how to express their feelings. However, with practice and the help of supportive caregivers, children can build their feeling vocabularies. Being able to state their feelings helps children feel less frustrated and more in control of their emotions.

See it:
Show your child family photos, a children's magazine, or picture book. Point to a person or character and say, "How do you think he/she is feeling?" If your child says, "happy", you can agree and then share a similar new word, such as "ecstatic" or "excited".

Show it:
Children are more likely to remember a new word if they experience it. Make up a movement or face for each new word you learn. For example, if the word is "exhausted", give a big yawn and pretend to fall asleep.

Share it:
Use feeling and emotion words every day. Encourage your little ones to describe their feelings as they talk about their day. You can model by using feeling words as well. For example, you can ask "How did you feel when you____________?"

Follow these steps below to help your little one learn to use emotion words:

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Family Activity

**See, Show, Share**

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Family Reading Tip: Keep Books Nearby

Make sure you always have a book nearby: in the car, in your backpack or purse, in the kitchen, or in the living room. Whether you're on the go or at home, give your child the gift of a book for entertainment. It will encourage them to use their imagination, learn the shapes of letters, visit new places and meet new friends. When you read with your little one, it helps build their vocabularies and creates a loving connection to reading.

**An early learning collaboration by:**