

Connected Families: Labeling and Acknowledging Emotions

Young children experience so many emotions each day and they are developing their cognitive and language skills. The way they express their emotions, both positive or negative, is often with actions rather than words. One way to support your child is by labeling and acknowledging your child's feelings.

Labeling:

Stating, to your child, what feeling you see them experiencing.

Example:

"You look frustrated."

Acknowledging:

Showing your child that you are here to help them.

Example:

"What can we do to make you feel better?"

Reasons to Label and Acknowledge Your Child's Feelings:

1

Helps your child learn the names of feelings and connect those names to what is happening in their body and brain.

2

Your child will learn how to express themselves with words rather than use negative behaviors for strong feelings.

3

Acknowledging your child's strong feeling is a loving way to show you are genuinely interested in and understanding of what they are going through!



[Click here for an example Feelings Poster](#)