

# FAMILY CONNECTION



**INSIDE LOOK**

LET'S TALK ABOUT FEELINGS + ACTIVITIES

FAMILY TIPS ON WSFL CHANNEL 39 INSIDE SOUTH FLORIDA

STORYTIME ON FACEBOOK LIVE

ELC BROWARD WARM LINE INFORMATION

STAY CONNECTED

# Fostering Feelings



# FEELINGS

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Have you ever been driving in your car and hear a song and it makes you happy? It may bring up a memory of something and you smile. On the flip side, you may hear a song and think, "Ugh, I hate this song!" because it reminds you of a negative feeling. As adults it is easy for us to identify what we are feeling. However, for our children sometimes it isn't as easy for them to identify what they are feeling. Sometimes it is as simple as them not having a word to use to describe what is going on. It is important to talk about feelings and use the words to describe them.

Understanding and responding to your child's feelings and emotions, helps them to feel more confident in themselves. Providing words and phrases to help your children understand and respond to their own feelings will help them learn to regulate and manage their own behavior. Be open to listening to your children and emphasize that it is ok to have different feelings and emotions. In order to help with this, reading books with them will provide words, examples and strategies to handle their own emotions. Here is a list of books to read with your little one.

## For All Ages:

I Am Happy: A Touch and Feel Book of Feelings by Steve Light  
My Many Colored Days by Dr. Suess  
The Feelings Book by Todd Parr

## For Infants:

Baby Faces by Margaret Miller  
Oh, David!: A Diaper David Book by David Shannon  
Oops!: A Diaper David Book by David Shannon  
If You're Happy and You Know It: My First Taggies Book by Ken Geist.

## For Toddlers:

Lots of Feelings by Shelly Rotner  
Grumpy Bird by Jeremy Tankard  
When I Am/Cuando Estoy by Gladys Rosa-Mendoza  
Tough Guys Have Feelings Too by Keith Negley

## For Older Toddlers and Little Kids:

Taking a Bath with the Dog and Other Things that Make Me Happy by Scott Menchin  
The Way I Feel by Janan Cain  
Today I Feel Silly: And Other Moods That Make My Day by Jamie Lee Curtis  
How Are You Peeling? Foods with Moods by Saxton Freymann  
Feelings by Aliki  
Alexander and the Terrible, Horrible, No Good, Very Bad Day by Judith Viorst  
I Like Myself by Karen Beaumont  
I'm Gonna Like Me: Letting Off a Little Self-Esteem by Jamie Lee Curtis



## F E E L I N G S

## FACE ACTIVITY

**Materials**

Rice cakes or pita bread  
Spreading knife  
Cream cheese or peanut butter  
Raisins  
Apple slices  
Bananas

**Directions**

1. Let your child spread peanut butter or cream cheese on a round rice cake or pita bread. This becomes the base for a face.
2. Ask your child what kind of feeling face he would like to make. Raisins can be used for eyes, a nose, or a mouth. And apple slice can make a smiling or frowning mouth. A banana chunk could be a nose and a banana slice could be a surprised mouth or eyes.
3. Ask your child questions about the feelings faces he creates. You might say something like, "That face looks so happy! What makes you happy?" or "Oh, that face looks sad. What can we do when we're sad to feel better?"

# Want fun & easy tips for the family?

## Catch ELC on WSFL Channel 39 INSIDE SOUTH FLORIDA



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EPISODE!**



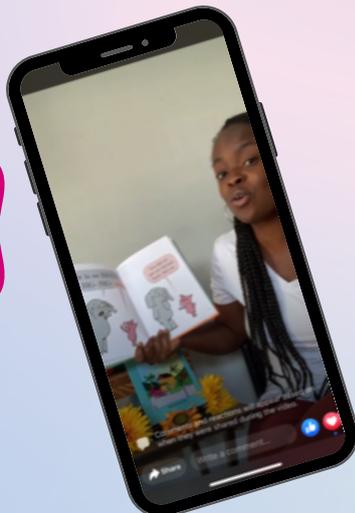
# STORY TIME WITH ELC!

Join us for story time on Facebook Live on  
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ENGLISH: MONDAYS & FRIDAYS | SPANISH: WEDNESDAYS

HAITIAN CREOLE: FIRST FRIDAY OF EVERY MONTH

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# Early Learning Coalition of Broward's Inclusion Warm Line

The Warm Line is a free support, information and referral service.

Parents, do you have questions about your child's development?

Educators, do you have questions about classroom management?

Call the Warm Line.

We help with...

Child Development  
Concerns

Help with Strategies for  
Behavior Modification

Referral for Evaluation  
(as needed)

Training and Technical  
Assistance for Educators

IFSP/IEP Support and  
Implementation

Classroom Organization  
and Environment



*Call Now!*  
*(954) 295-0672*  
*Debbie Kay*



**Contact us**

Parents/Guardians can reach us in the following ways:

Main Office Number: (954)377-2188  
| Monday through Friday,  
8:00 a.m. - 6:00 p.m.  
[www.elcbroward.org](http://www.elcbroward.org)  
[Info@elcbroward.org](mailto:Info@elcbroward.org)

