



TIPS | for parents of Preschoolers

Sharing a book with your little one should be fun! We hope these tips will help you as you cuddle and enjoy the book: **Lots of Feelings** by Shelley Rotner with your child.

- **“Read” the pictures.**
To help with short attention spans, preschoolers will enjoy books more if we point out things in the pictures and say what they see in the pictures instead of reading all the words. Like this: “Ohh...look. A tear. He’s crying. He’s sad.”
- **Start with the basics.**
Happy, sad, mad and scared are the first feeling words most children learn. Start with these.
- **Keep it simple and short.**
You know your child best. Keep your words simple and short . “Ohhhh...he’s sad. Sad.”
- **Use voices and facial expressions.**
Your voice and your facial expressions are powerful (and fun!) ways to help your little one understand visually the meaning of feelings without having to use more words.
- **Connect it back to their world.**
When your little one is ready for a little more, try remind him of when he may have felt that way. This builds empathy. Like this: “Oh dear, she’s sad. Maybe she hurt her knee like you did this morning? Awww...sad.”
- **Use pictures.**
Children love pictures! Pictures are a wonderful way to help your little one make connections and build understanding. See if you can find some pictures that show other people feeling happy, sad, mad and scared.
- **All feelings are okay.**
Often little ones are in trouble when they get mad. They are learning to regulate. Part of that is reminding them: “Mommy feels mad. Daddy feels mad. *You* feel mad. It’s okay to feel mad.” It’s a great time to talk about it when everyone is calm!
- **Play I Spy.**
On pages 20 and 21 of this little book is an assortment of feeling faces. They match the ones on the pages of the book. Show your little one if they are ready how to find the matches.
- **Know when to stop.**
When they’re done you can tell! They’ll push the book away, turn the page, walk away, or tell you. Try not to take it personally. Just accept it and move on to something else. “Ok! Let’s find something else.” They’ll enjoy their time with you and feel understood.