

If your child is feeling...

If your child is feeling **fear** or **sad**, give hugs and let them talk about their fears and sadness. They are feeling little and vulnerable.

If your child is feeling **angry**, say “I see that you are really angry, let’s talk about it.” Talk in a reasonable tone of voice.

If your child is feeling **shy**, take small steps to introduce them to new people and new things. Remember, when they were small, we told them *not* to talk to strangers.

If your child is feeling **embarrassed**, show understanding. They want to know you still love them in spite of their shortcomings.

If your child is feeling **impatient**, role model patience for them.



If your child is feeling **hopeful**, encourage and congratulate. We all need hopes and dreams.

If your child is feeling **happy** – hooray! Be happy too.

**Happiness shared is multiplied.
Pain shared is divided.**

