



Building Trust and Cooperation

Accepting and naming your child's emotions helps him/her feel supported and understood. Teaching children names for their emotions gives them the language they need to communicate and express how they feel.

Read books about feelings together.

The Way I Feel by Janan Cain
How Do Dinosaurs Say I'm Mad? by Jane Yolen
The Pout-Pout Fish by Deborah Diesen
Today I Feel Silly by Jamie Lee Curtis
Sometimes I Feel Like a Storm by Lezlie Evans

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