



Feelings. They're often tough to deal with, even for us adults.

For kids, it's an even bigger challenge.

"Many children simply don't know how to make the connection between what they feel and the emotions they display."

Makes sense, doesn't it? Kids don't have the language to describe what they're feeling so they rely on nonverbal Cue (think screaming, crying, etc). They also lack experience dealing with big feelings. So they may not even know what they're feeling. It has to be frustrating!

One way to help our kids identify and express their feelings is with a feelings faces chart. A feelings faces chart shows faces in different states of emotion. It can help children explain, and we parents understand, just how they feel when they can't find the words. Help them by playing a game of feelings charades. Take turns with your child choosing and emotion from the board (without telling each other which one you picked) and acting it out. Correctly guess all the emotions and you both win!

Talking with your children about emotions is really important but doing it while they are in the middle of a strong one is not the best strategy. Teachable moments when it comes to feelings shouldn't be while your child is experiencing a strong emotion which for young children is pretty often. Instead find a quiet time to talk about and play with emotions when their ears and hearts are open to learning not just reacting.

Some Tips to Keep Your Child Safe & Warm

- Store the carrier portion of the infant car seat in the house when not in use.
- Get an Early Start.
- Dress your child in thin layers.
- Don't forget hats, mittens, socks or booties.
- Tighten the straps of the car seat harness..
- Use a Coat or blanket **OVER** the straps.
- Pack an emergency bag for the car.

Remember wet clothing and cold temperatures can lead to frostbite and hypothermia.

It occurs more quickly in children than adults.

Not sure about Car Seat Safety –FREE Checks third Thursday of every month at Roanoke City Fire Station #6
1333 Jamison Ave SE between 4-6 pm



IN THE COMMUNITY

Come Home to a Franklin County Christmas

Dec. 7
5:30 -9:00pm
Downtown
Rocky Mount

Salem Christmas Parade

Dec. 7
6:30 pm
Main Street, Salem

Dickens of a Christmas

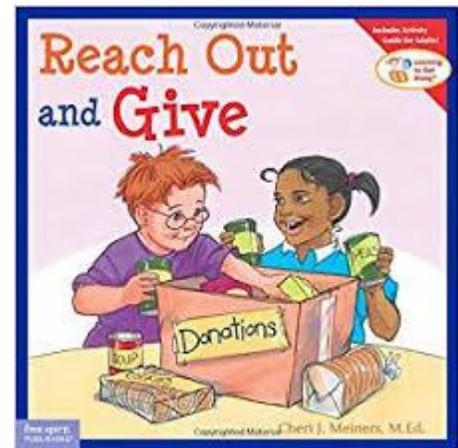
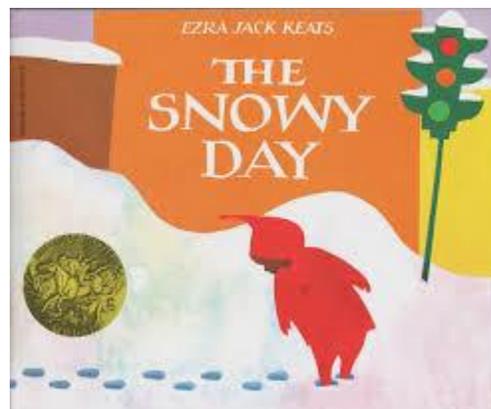
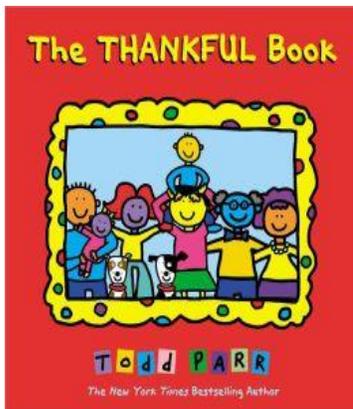
Dec. 7
Tree Lighting
Dec. 14
Christmas Parade
Dec. 21
Pet Costume Parade
Downtown
Roanoke

RESOURCES



United Way
of Roanoke Valley

SUGGESTED READING



DID YOU KNOW?

Our website is full of great resources including Developmental milestones, links to parenting classes, and tips and acti Check your child's development using the Ages & Stages Questionnaire

<https://www.asqonline.com/family/f51923> or Ages and Stages Social and Emotional Questionnaire
<https://www.asqonline.com/family/d37cba>

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