

# P reschool I ntervention R eferred T eam

## December 7th-December 11th Weekly Newsletter

### BACKPACK CONNECTION

How to Help Your Child Recognize & Understand Fear (Week of 12.7.20)

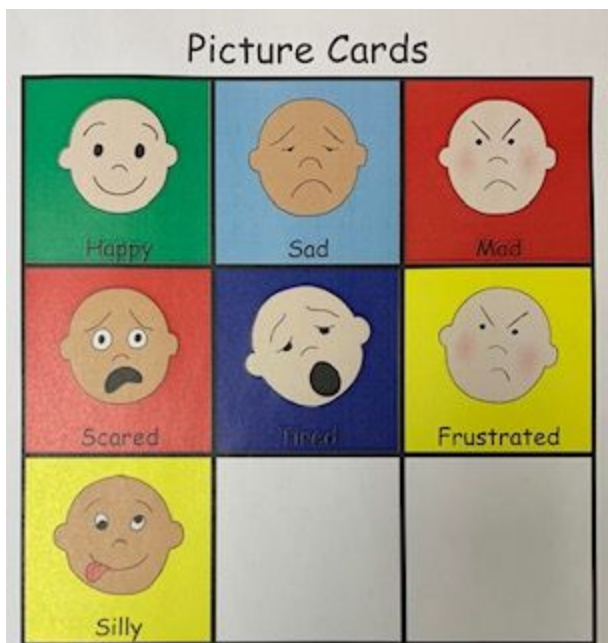
English: [https://challengingbehavior.cbcs.usf.edu/docs/backpack/BackpackConnection\\_emotions\\_fear.pdf](https://challengingbehavior.cbcs.usf.edu/docs/backpack/BackpackConnection_emotions_fear.pdf)

Spanish: [https://challengingbehavior.cbcs.usf.edu/docs/backpack/BackpackConnection\\_emotions\\_fear\\_SP.pdf](https://challengingbehavior.cbcs.usf.edu/docs/backpack/BackpackConnection_emotions_fear_SP.pdf)

## Fostering Emotional Literacy in Young Children: Labeling Emotions

### *What is Emotional Literacy?*

Emotional literacy is the ability to identify, understand, and respond to emotions in oneself and others in a healthy manner. Children who have a strong foundation in emotional literacy tolerate frustration better, get into fewer fights, and engage in less self-destructive behavior than children who do not have a strong foundation. These children are also healthier, less lonely, less impulsive, more focused, and they have a greater academic achievement.



### *Points to Remember...*

- Children who have a strong foundation in emotional literacy are healthier, have more friends, are less impulsive, remain more focused, & demonstrate greater academic achievement.
- The development of feeling words is considered to be of critical importance in a child's emotional development because it makes it possible for children to better understand their emotional experiences.
- The ability to name feelings allows children to discuss & reflect with others about their personal experiences of the world.
- The larger a child's emotional vocabulary, the finer discriminations he or she can make between feelings & the better he or she can communicate with others about his or her emotions and possible problems.
- While several underlying processes contribute to a child's ability to understand & regulate his emotions, parents & caregivers can make a meaningful difference by emphasizing emotions throughout daily routines.

### *Things to Do...*

- Label your own feelings throughout the day in front of children.
- Observe children & label their feelings as they experience them.
- Talk about feelings displayed by characters in children's books, on television, or in videos.
- Allow children to feel a range of emotions, but teach them healthy ways to express them.
- Play games & sing songs involving feelings, such as "If you're happy and you know it."
- Reinforce children's efforts to express their feelings in healthy ways.