

Emotional Literacy

Label their emotions for them

Emotional Literacy, according to 'Action for Children', is the ability to understand, express and cope with emotions. It is a skill that children will develop as they grow, but can also be nurtured throughout childhood. There are lots of ways to help your child develop in this area.

This week we will be looking at the first strategy: Label their emotions for them.

Accept your child's emotion and label it. For example, you could say: 'You seem so excited' or 'You are crying, you must be sad'.

When children learn the words for their emotions, they can tell you what they are going through. This means they are less likely to use their behaviour to show how they are feeling.

If you are finding your child's behaviour difficult to cope with, there are some things you can do. Click [here](#) for more information on 'Understanding and managing my child's behaviour'.

How do you feel today?



working together to keep our children safe and happy.