

July 2018

How are you feeling?

Hello READY! Parents & Caregivers, A great way to help develop your child's emotional and social skills is to simply ask, "How are you feeling?" As children learn the vocabulary of "feeling words," they are better able to identify and manage their emotions, rather than act out through problem behaviors. Post the chart below, and use it to help your child name emotions she or he is feeling during the day.

Parents and caregivers help children understand emotions by naming and talking about them. Use the chart and ask questions. If your child is a toddler or older, take the time to discuss appropriate ways to deal with negative emotions, such as using words or changing activities when the child is angry (e.g., calm down with a book; release frustration with physical activity). When a child is upset, wait until the emotion is under control before discussing it.

Equipping a child with words to name feelings, and providing feedback on how to appropriately express emotions, will help prepare him or her for making and keeping friends.

How are you feeling about your important role in your child's early learning? Be sure to reach out to us with any questions you have between READY! workshops. We're here to help.



happy



sad



tired



angry



worried



excited



shy



afraid



sick



silly



Have you registered
for the upcoming

What's Your Story?

We'd love to hear your stories about how you've made Ready! a lifestyle.

Ready! workshops?

Registration is open for all three workshops - Fall, Winter, and Spring.

Fall workshops are:

- 6 p.m. Tuesday, October 16, Mullan Trail Elementary, Post Falls
- 10 a.m. Saturday, October 20, Borah Elementary, Coeur d'Alene
- 6 p.m. Tuesday, October 23, John Brown Elementary, Rathdrum

To register follow this link: [Register for Ready!](#)

Remember, it only takes **10 minutes of purposeful play and 20 minutes of reading** a day to be Ready! for Kindergarten. Check out this video to be inspired!



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of North Idaho**