

VROOM TIPS™ FOR SOCIAL EMOTIONAL



Mirror Me

Children feel many different emotions every day, just like you. Make faces that mirror how your child seems to be feeling. Talk to them about why you're making those faces. "You're smiling and seem happy, and I am smiling and happy too."

0-2 years

Brainy Background

When you imitate the face your child makes, you help them express what they think and feel even though they can't speak yet. These conversations without words begin to help them learn about others' feelings and emotions!

Today's Feelings

Ask your child to talk about their day using feeling words like happy, excited, and sad. Try questions like, "Was there a time when you felt frustrated today?" Ask them to make faces that express these feelings. Share your day as well.

3-5 years

Brainy Background

When you take time to talk about feelings with your child in fun ways every day, you make your relationship stronger. You're helping them connect feelings and actions, too. Once your child understands their emotions, they can better relate to others.

Stress Busters

During a calm moment, invite your child to think of ideas to help when they feel stressed. They can try using words to explain feelings, hitting something that can't be hurt, or counting numbers. See what works and brainstorm new ideas.

2 1/2-5 years

Brainy Background

Asking your child to think of ideas to help manage stress helps in several ways. They can learn to manage their feelings and behavior. You're also helping them learn to take on challenges.

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