

Here's a tip to help your child express her/his feelings:

It's very important to encourage children to talk about what's bothering them and help them learn to identify and label their feelings. This is no easy task with small children. As an icebreaker, start by giving them a white piece of paper and ask them to color how they feel today/that moment. Attach a color to a feeling. For example, red=angry, blue=sad, yellow=happy, green=worried, pink=calm.