



A Newsletter for Parents of Young Children

SPRING 2014

# The Parent Line



## Help your young child to express their emotions

*Does your child seem to cry for no reason or throw toys or hit other children during play?* The reason may be very simple. Your child may not be able to express his/her emotions in words. Young children have to be taught how to express their emotions just as they had to be taught to use silverware while eating.

**ONE WAY TO TEACH** your child to express emotions is to provide him/her with a list of feeling words. Take a lesson from your own life. Think of the words you use to express your emotions everyday and share those words with your child. Please remember to use very simple words and to explain just what the words mean in very simple terms.

**ANOTHER WAY** to get words to express emotions is to read stories to your child about play and expressing emotions. Visit your local library and ask the librarian for children's books that help to teach young children to express

their feelings. When you read the books with your child make a point of talking about the characters and the way they talk to each other about their feelings.

**THERE ARE MANY** educational shows on television that also deal with helping children express their emotions. These programs and the lessons they teach are best when the parent and child can watch the programs together. Please remember to make this a fun experience.

**REMEMBER TO PRAISE** your child when you notice that he/she is expressing his/her feelings appropriately rather than crying or

throwing toys around. This is just the beginning of the many lessons you as a parent will have to teach your child. These are just a few ways to help your child express his/her feelings. There are many more positive approaches that you can use. If after trying several different techniques you notice that your child is still having difficulty expressing his/her feelings; speak with your child's doctor for suggestions.

THE PARENT LINE IS HAWAII'S PREMIER RESOURCE ON CHILD BEHAVIOR, CHILD DEVELOPMENT AND PARENTING SUPPORT • [WWW.THEPARENTLINE.ORG](http://WWW.THEPARENTLINE.ORG)

The Parent Line Newsletter is published four times a year.  
For distribution information, please contact:  
O'ahu: (808) 526-1222  
Neighbor Islands: 1-800-816-1222  
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Funded by Hawai'i Department of Health, Maternal and Child Health Branch (808) 733-4054  
Neil Abercrombie, Governor | Linda Rosen, M.D., M.P.H., Director of Health

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# Feelings Activity



## You will need:

1. Child-friendly magazines with pictures of faces
2. Construction paper
3. Safety scissors
4. Glue

Sit down with your child to look through the magazines for pictures of people in everyday situations.

Focus on faces. Cut the pictures out and glue them to the construction paper.

Help your child label the feeling that is displayed in the picture. The finished pictures can be put into a scrap book or a photo album.

This will be an activity to treasure because you did it with your child. Remember to enjoy this hands on fun activity.

## BOOKS ON FEELINGS

*The Feelings Book*  
by Todd Parr

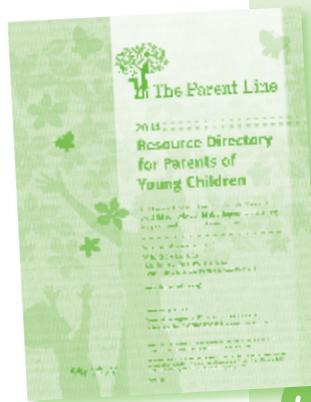
*Grumpy Bird*  
by Jeremy Tankard

*The Way I Feel*  
by Janan Cain

*Gossie and Gertie*  
by Olivier Dunrea

*My Friend and I*  
by Lisa Jahn-Clough

*Alexander and the Terrible,  
Horrible, No Good, Very Bad Day*  
by Judith Viorst



## Resource Directory for Parents of Young Children

The Resource Directory for Parents of Young Children will have a new look effective with the 2014 version. The directory will continue to provide numbers of the many community organizations as it did in the past. We hope you will enjoy the fresh and clean new look.

If you are not already receiving the directory and would like to place an order please call **The ParentLine at 526-1222 or neighbor islands toll free 1-800-816-1222.**

You can also download the 2014 directory at <http://theparentline.org/2014directory.html>

GET YOUR  
DIRECTORY  
NOW!

## FIND OUT HOW YOU Can Get HomeReach

HomeReach is a free state-wide short-term home visiting service, accessed through the ParentLine. HomeReach provides support, encouragement and information on parenting and referrals for families with children 0-18.

HomeReach helps parents understand what behaviors to expect and how to guide and teach children effectively at each stage of growth and development.

### How does HomeReach provide information?

- By talking story with mom, dad, or other family caregivers
- With handouts, videos and cassettes
- By practicing new parenting skills
- By providing connections to other community agencies

For more information about HomeReach please call **The ParentLine at 526-1222 or neighbor islands toll free 1-800-816-1222.**

## Special Days to Remember

March is National Women's History Month

March 14: National Potato Chip Day

March 14: World Storytelling Day

March 26: Prince Kūhiō Day

April 1: April Fool's Day

April 2: Children's Book Day

April 4: School Librarian Day

April 7: World Health Day

April 16: National Stress Awareness Day

May 1: May Day

May 2: Brothers and Sisters Day

May 6: National Nurses Day

May 6: National Teachers Day

May 11: Mother's Day

May 26: Memorial Day