



THE PARENT LINE

A NEWSLETTER FOR PARENTS

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Helping Children Express Big Feelings

When children experience strong emotions like anger, sadness, frustration, or fear, it's often because they can't yet use words or tools to express them calmly. Research shows that when keiki learn emotion vocabulary and coping strategies early, they grow into more resilient, confident, and connected individuals. As parents, you play a key role: you help your child label feelings, accept them, and practice ways to calm down.

Help Them Put a Name to the Feeling

- Use everyday moments to label feelings: "I see you are really angry right now because we had to leave the park."
- Point out others' emotions: "Look at Auntie's face — she seems sad because she misses Grandpa."
- Read stories together and ask: "How do you think the character feels?" or "What would you do if you felt that?"

Teach Calm-Down Tools

- Practice deep breathing together — try "whale breaths" or "smell the flower, blow the candle."
- Encourage hugging a favorite toy or squeezing a pillow when frustrated.
- Create a calm space where your child can go when emotions feel big.

Model Calm and Emotion-Talk

- Share your own feelings calmly: "I'm frustrated that traffic took so long — I'm going to take a breath."
- Talk about how emotions feel in the body: "My tummy feels tight when I'm sad. What does your tummy feel like?"

Create Emotional Check-Ins

- Ask at dinner or bedtime: "What did you feel today?" and listen without interrupting.
- Use feeling charts or emotion faces for young children.
- Make it fun — take turns guessing each other's emotions.



References

HealthyChildren.org. (n.d.). Helping little people manage big feelings. American Academy of Pediatrics. Retrieved from <https://www.healthychildren.org>

Child Mind Institute. (n.d.). How to help children calm down. Retrieved from <https://childmind.org>

PBS Kids. (n.d.). Helping kids express their emotions. Public Broadcasting Service. Retrieved from <https://pbskids.org>

Raising Children Network. (n.d.). Understanding and managing emotions.

Leaf Art: A Fun Fall Craft for Kids

Activity Goal: Encourage children to explore nature and express creativity by making leaf rubbings.

Materials Needed

- A variety of colorful leaves (different shapes and sizes)
- White paper (printer paper or drawing paper)
- Crayons (peel off the wrappers for easier rubbing)
- Glue stick (for collages)
- Scissors (optional, for trimming paper)
- Cardstock or construction paper (optional background)

Instructions

- Go on a short walk with your child to collect different types of leaves.
- Place a leaf under a sheet of white paper (vein side facing up).
- Using the side of a crayon, gently rub over the leaf.
- Watch as the leaf's texture and veins appear on the paper!
- Repeat with different colors and leaves to create a vibrant fall picture.



'Ohana Safety Tip

Talking to Your Keiki About Stranger Danger

It's never too early to teach children how to stay safe around strangers — in a calm and age-appropriate way. The goal isn't to make them afraid, but to help them feel confident and prepared.

Quick tips for parents:

- Keep it simple. Explain that a stranger is anyone they don't know well — not all strangers are bad.
- Create a safety plan. Make sure your child knows who their trusted adults are.
- Teach "No, Go, Yell, Tell." Say NO, GO to a safe place, YELL for help, and TELL a trusted adult.

STAY
SAFE

Important Dates

October 13: Columbus Day / Indigenous Peoples' Day

October 31: Halloween

November 11: Veterans Day

November 27: Thanksgiving Day

December 25: Christmas Day

December 31: New Year's Eve



Follow us on social media to stay updated on family-friendly events happening across Hawai'i.

Books We Love This Month

How Are You Feeling Today?

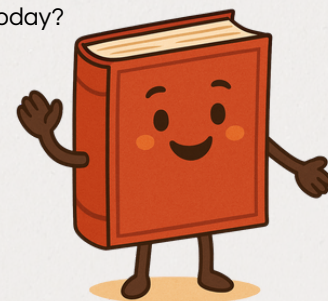
By: Molly Potter

Good Night Feelings

By: Diane Alber

The Feels

By: Kelly Oriard



Self-Care

October-December can get busy — between school events, holidays, and family gatherings, it's easy for parents to put themselves last. Remember: when you care for yourself, you're better able to care for your 'ohana.

- Do something that fills your cup. Listen to music, stretch, journal, or call a friend who makes you laugh.
- Take a mindful break. Enjoy a warm drink or a short walk outside. Notice the breeze, the colors of the leaves, or the sounds around you.