



MENTAL HEALTH MATTERS

Tips on strengthening mental wellness in everyone!

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EXPLORING EMOTIONS WITH YOUR CHILDREN

Identifying and labeling emotions is a foundation for mental health. Adults can help children learn about feelings by talking about them in everyday situations. Talking about emotions often will help children understand their emotions as well as others' emotions. This helps children learn how to deal with big feelings in a safe way.

- When you notice your child is smiling and happy, tell her "You have a big smile on your face, you must be happy!"
- When you notice your child getting upset, tell him "I notice you are frowning, I wonder if you're feeling mad?"
- If you notice yourself getting frustrated, label your feeling out loud, "We have been standing in line for a long time, I am feeling frustrated!"
- Talk about others' emotions too! You can talk about feelings you see on TV, in magazines, in books, and your family.

CHECK OUT THESE WEBSITES FOR FUN WAYS TO TALK ABOUT FEELINGS!

[SESAME STREET IN COMMUNITIES](#)

[CHALLENGING BEHAVIOR](#)

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