



I Am an Emotional Being

Look at Me



EYC

All children are different.

All children matter

As I grow and develop from a baby into a toddler I discover a wide range of emotions. Some ways that I learn to connect with the people around me are:

I like to copy adults and other children

I get excited when I'm with other children

I am becoming more independent

I can be more defiant!



Tantrums are common because I can't always communicate my needs. I don't know how to put words to strong emotions like frustration, anger and embarrassment.



I am learning how to express myself. Sometimes it's an outburst of laughter and other times it's a temper tantrum!

Help me to find ways to show how I feel by using words. Talk about what emotions I might be feeling e.g, 'I can see you are angry that playtime is over', 'I see and feel how sad you are that gran is leaving'. Talk to me about how my actions are making you feel. For example I know you are sad it's rainy and can't go the park, that makes me feel sad too or happy a friend is coming to play!

Offering choice can help divert from a tantrum – for example 'Would you like to brush your teeth first or put on your pyjamas?'

And sometimes all I need is a hug!



As a toddler I am learning how to share and take turns. I can struggle with how to manage my emotions and often don't have the words to communicate my needs and feelings, this can lead to grabbing or fighting over toys – I need you to remind me to share and to role model being kind to others!



I learn from you!

Giving me praise and encouragement will help me to learn how to trust others. I will then have the confidence and feeling of self-worth that I need to form relationships with others.



I like it when you give me lots of praise, as this helps me to build my confidence to try new experiences.

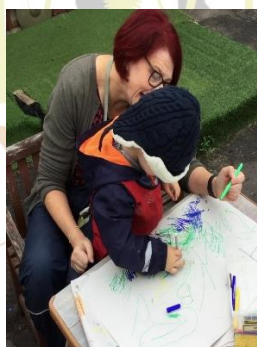
I need you to be consistent with me. This helps me to trust others and build relationships, as I know they mean what they say.

I need you to have healthy boundaries for me to follow.



Support me by giving me two choices to make and be consistent with the follow through. You say it, you mean it. But be realistic.

When I go to nursery or other places without you this may be overwhelming for me and I may still get upset when you leave. This is normal for me and I need to have these experiences so that I can experience and develop control over my emotions.

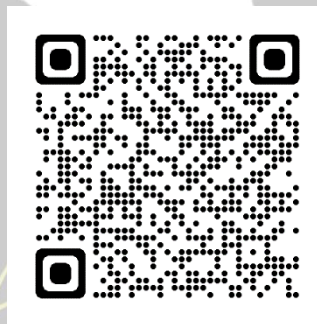


You can help me by reassuring me that you will come back at a certain time. The adults around me will comfort me and

reassure me that I am ok. This will support me to build relationships with them and help me be resilient.

When I have settled the adults will let you know I am ok. This ensures that I feel safe and secure and ready to learn.

As I grow I will learn strategies to manage emotions. You could use The Colour Monster story and puppets to help us identify our emotions. You can support me by when you see the child's emotion, label it for me using the colour monster approach e.g. Emma you look really happy and yellow, this fills me with love and makes me feel pink. Label the emotions your child sees in other people i.e. Aunty is sad and blue because she missed Grandpa.



The Colour Monster story



Help children to explore emotions through play – singing, reading, messy play etc and recognise that all feelings are ok!

I will learn to develop respect for the feelings of others. I will learn to understand when someone is hurt and attempt to comfort them. I will learn to become resilient, and this will support me to bounce back after having a strong feeling. I will learn to behave appropriately in ways that don't hurt others, things, or myself.



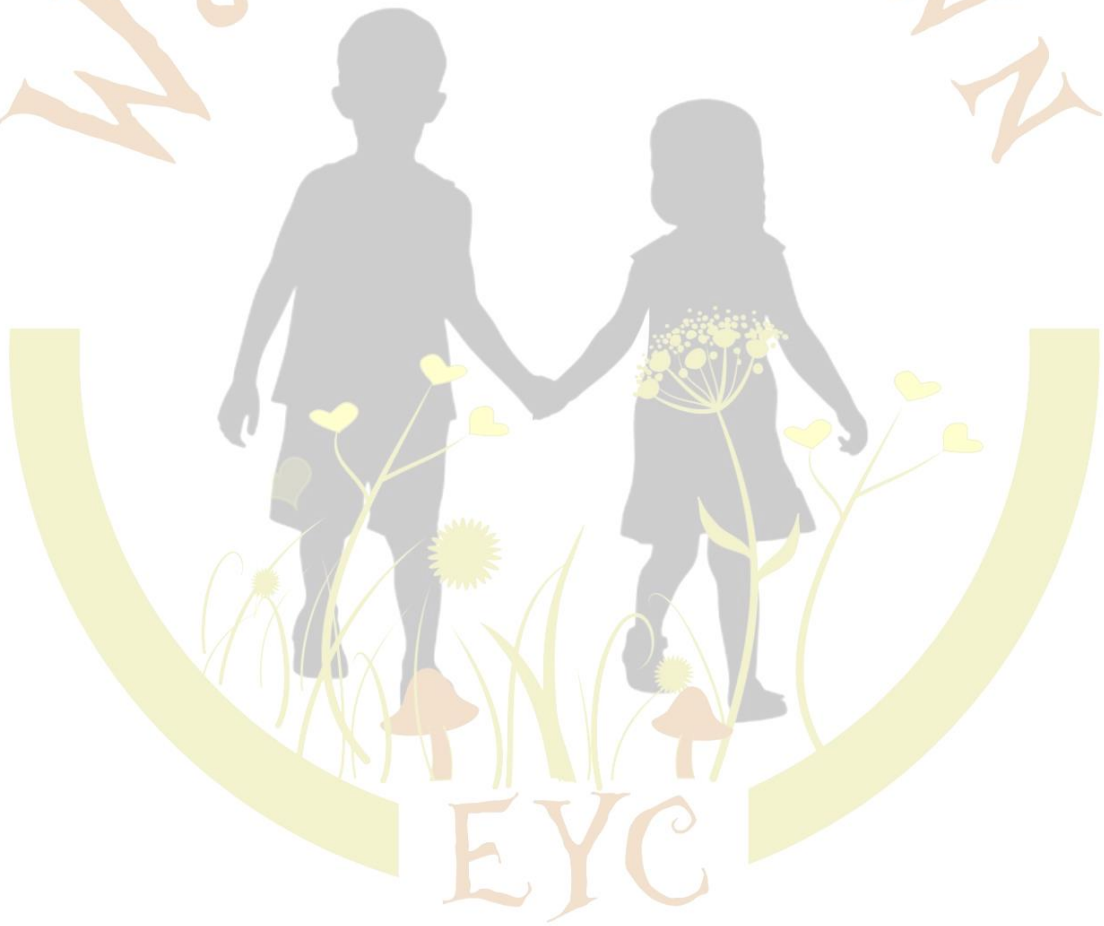
As I grow and develop my confidence, I will learn to become more independent and assertive. You can support by giving me lots of praise and encouragement and I will learn to have self-worth. I will learn to express my emotions by speaking calmly and appropriately.



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Confident, Consistent and Clever!

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