



Taming Tantrums: Support Your Young Child's Resilience with Picture Books About Emotions

- Help your child learn to manage big feelings by reading together when they are calm. Include picture books about feelings in your routine reading time.
- Talk about the pictures on the page. Ask your child about what the character in the book is feeling.
- If they talk about their own big feelings, follow their lead with empathy. Avoid shaming by talking about how hard it was when they had big feelings.
- If they don't want to read or continue reading a story about big feelings, that's fine. Follow their lead by saying, "It's okay. We don't have to read this book now. What book do you want to read?" Offer the feelings book again on another day.
- Here are some titles for younger (less verbal) and somewhat older (more verbal) young children:

For 2-3 yr olds

- Grumpy Monkey
- Monkey Calms Down
- Calm Down Time

For 4-7 yr olds

- Train Your Angry Dragon series by Steve Herman
- The Way I Feel series by Cornelia Maude Spelman especially - When I Feel Angry

