

Everyday Moments, Stronger Connections



1 "Feelings" Time at Home

- **Try This:** Use picture books, family photos, or emotion cards. Ask, "Which face looks happy? Which looks sad?"
- **How It Helps:** Builds emotional vocabulary and helps your child understand feelings.
- **Parent Tip:** Share your own feelings too: "I felt excited when we baked cookies."

2 Talk & Walk Together

- **Try This:** On a walk (inside or outside), ask simple questions: "What's your favorite snack? Why do you like it?"
- **How It Helps:** Encourages conversation and listening.
- **Parent Tip:** Give your child a sentence starter: "I like ___ because ___."

3 Build a Story Together

- **Try This:** Start a story: "Once there was a puppy who..." and let your child add to it. Keep going back and forth.
- **How It Helps:** Builds imagination, sequencing, and vocabulary.
- **Parent Tip:** Use toys, stuffed animals, or drawings as story props.

4 Pretend Play

- **Try This:** Set up a mini pretend play area (store, kitchen, doctor's kit). Take turns being the customer, cook, or doctor.
- **How It Helps:** Teaches problem-solving, cooperation, and practical language like "Can I have...?" or "Thank you."
- **Parent Tip:** Model kind phrases: "Can I join?" "Let's share."

5 Feelings Charades

- **Try This:** Take turns acting out feelings (happy, mad, scared). Guess the emotion together.
- **How It Helps:** Strengthens empathy and emotional understanding.
- **Parent Tip:** Add a coping skill: "When I feel mad, I can take a deep breath."

6 Everyday Extras

- **Sing & Move:** Try songs with actions ("If You're Happy and You Know It").
- **Draw & Tell:** Have your child draw their day and describe it.
- **Play Games:** Board games or matching games teach turn-taking and patience.