

February

Healthy TIPS

Feelings

How Can You Get Closer To Your Kids?

Talk to your kids about your feelings on a regular basis. This way, when they need to talk to someone about their feelings, they feel comfortable coming to you. Feelings are confusing sometimes. There are times we don't know what we are feeling. Encourage your kids to figure out what is on your mind. Here are some things that may help the process:

- Have them make a list of what they are feeling, by writing it out on paper, or drawing a picture.
- Ask them if they are feeling happy, sad, angry, etc., and if they feel this way only once in a while or all the time.
- See if they can remember anything that happened that made them feel this way.
- Keep in mind that some kids may be shy about sharing their feelings. Give them time and try your best to make them feel comfortable so they can tell you what is on their mind.



Why Should Your Kids Talk About Their Feelings ?

The way a child feels inside is important. It can be really hard for them, not to tell anyone that they're feeling sad, worried, or upset. Then, it's just them and those bad feelings. If they talk to you or someone else who cares about them, they will almost always start to feel better; because they're not all alone with their problems or worries.



Tips On Talking To Your Kids About Anything:

- Start talking to them early on in their lives
- Initiate conversations with them...Even about sex and relationships
- Create an open environment
- Communicate your values
- Listen to your child
- Be honest
- Be patient
- Use everyday opportunities to talk

