



my **BIG**
Feelings

Parent
Resource Booklet





Dear Mummy and Daddy,

I want to tell you how happy I am to be your little toddler. You make me giggle and smile every day.

You show me so much love and cuddles, making me feel safe and happy. When I fall or have a boo-boo, you give me kisses and make me feel better. You tell me it is okay to make mistakes and that it is all part of learning and growing up.

Sometimes, I have BIG FEELINGS and do not always know how to say what I feel. You are always there for me.

In this booklet, I want to share some things about myself with you so you can know more about me. Together, we can learn to build strong love and memories as a family.

Thank you for being the best Mummy and Daddy in the whole wide world. I love you so much!

**With lots of hugs and kisses,
Your little toddler**



What are Big Feelings?

Big feelings are intense emotions experienced by infants and toddlers, often unexpressed through language, and can be overwhelming.



Examples of big feelings:



joy



excitement



frustration



anger



fear



affection



sadness



disappointment

Infants and toddlers may display big feelings through facial expressions, body language and vocalisations.

Why Do My Big Feelings Matter?

Big feelings allow me to express my needs, desires and discomfort.

Big feelings, such as joy, frustration and distress, are the building blocks for understanding emotions.

Experiencing big feelings help me learn to self-regulate and cope with various emotions.

I learn emotional vocabulary and this lays the foundation for better language skills and communication.

Understanding my own and others' big feelings develop my social skills such as empathy, cooperation and conflict resolution.

Experiencing big feelings and navigating through them help me build resilience.



What Helps Me to Understand Big Feelings?

Create and build a safe and nurturing environment.

A safe and nurturing environment will help me to develop communication and social skills to express my feelings.

Play, sing, read and dance with me to nurture my imagination and explore various emotions.



Mummy and Daddy, **CREATE** Beautiful Relationships with Me!

Communicate with me. Talking, singing and babbling with me encourages communication and social engagement.

Respect my boundaries and readiness for social interactions. Pushing me when I am not ready makes me uncomfortable.

Encourage and model sharing and turn-taking when playing with me. This will help me learn about cooperation and perspective-taking.

Arrange playdates with other children to provide me with valuable social experiences.

Teach me to recognise and understand others' and my emotions. It will help me learn about empathy and caring for others.

Engage in eye contact and smile at me. These nonverbal cues help me feel connected to you and strengthen our relationships.

Parenting with Love & Laughter

Building Joyful Memories Together
with Games and Activities

Peek-a-Boo

This classic game helps develop trust and attachment. Cover your face with your hands and then reveal it while saying, "Peek-a-boo!". Watch your child giggle and respond to the surprise.



Pretend Play

Engage in pretend play with your child, such as playing house or having a tea party. Pretend play fosters creativity and imagination, and helps the understanding of different emotions.

Emotion Charades

Show various emotions through facial expressions and body language, and ask your child to guess your emotion. Then swap roles and have your child act out the emotions for you to guess.



Turn-Taking Games

Play simple turn-taking games like rolling a ball back and forth or taking turns adding stacking blocks one at a time to build a tower. This teaches your child patience, sharing and cooperation.



Dance party

Play different music and have a dance party. Encourage your child to express his/her feelings through movement and dance.

Simon Says

Play "Simon Says" with your child, giving him/her simple instructions. This game helps improve listening skills and following directions.



Nature Exploration

Take walks outside and explore nature together. Point out different elements like flowers, animals, or weather changes and discuss how they make your child feel.



What's in the Joy of Reading Resource Box

Indestructible Book 'When I Am Feeling'

- Cuddling with your child while reading helps them feel safe and connected to you.
- Use different expressive voices for different emotions.
- Point out the expressions and watch your child's face as you read.

'My Big Feelings' Playmat

- A shared space where parents or caregivers can join in play, encouraging social interaction and bonding.
- A comfortable and supportive surface to engage your child in tummy time or a designated space for your toddlers to play, fostering creativity and imagination.

Baby-Safe Mirror

- Sit facing your child with the mirror between you. Make funny faces and expressions, and encourage him/her to imitate them. This activity helps develop emotional expression and social interaction.

Parent Resource Booklet

- Parenting tips and strategies to engage with your child.



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