

# Talking About Emotions

Language and interactions are key to **noticing**, **expressing**, and **managing** feelings and emotions, and are an important part of developing social-emotional skills.

## Infants

are **noticing** how everything makes them feel.



- Respond to their emotions and feelings.
- Talk about what you are feeling.
- Model appropriate responses to emotions.

## Preschoolers

are learning to **manage** their feelings and emotions.



- Model healthy ways to cope with strong feelings and emotions.
- Support peer interactions.
- Regularly practice vocabulary and calming strategies.

## Toddlers

are beginning to **understand** and **express** their feelings and emotions.

- Identify and label emotions for you and them.
- Validate their feelings.
- Supply descriptive words to help children solve challenges and resolve conflict.



Download more resources at:

[LENA.org/resources](https://lena.org/resources)