

# WELLBEING CORNER

By Gene Reardon

## PARENT CONVERSATIONS Children's Emotions



This week we are continuing our focus on children's wellbeing.

We are exploring how parents can develop their children's ability to express emotions. We have some helpful and easy to access resources for you to use at home.

The ability to express, identify and be aware of emotions is a critical developmental milestone for children. At VCD we call this emotional literacy.

Many families look for resources and tips on how to support their children's healthy emotional development. This can be particularly challenging when there are communication and language challenges. However, much can be learnt visually together – this should be fun and rewarding for all family members.

VCD has put together a fantastic range of activities that can be done at home – you may want to make them part of your daily routine. They include activities like: Making Toast; Emotional Mirrors; and Card Games. All the activities come complete with resources. The activities are highly visual and suitable for children with hearing loss and communication challenges. (use this link and scroll down for activity sheets form page 7)

[http://www.vcd.vic.edu.au/wp-content/uploads/2020/08/VCD\\_Personal\\_and\\_Social\\_Capability\\_Self-Awareness\\_and\\_Management2.pdf](http://www.vcd.vic.edu.au/wp-content/uploads/2020/08/VCD_Personal_and_Social_Capability_Self-Awareness_and_Management2.pdf)

For families who want to learn Auslan – these activities will enrich your vocabulary. You will be able to name and sign feelings for your child and refer to them regularly. If you need to look up the sign for a feeling – simply use sign bank and type in the feeling you want to know the sign for <http://www.auslan.org.au/dictionary/words/happy-1.html>

And join in with Matt – who is expressing his feelings in this video: <https://youtu.be/Ixjp2FR1IWU>

Please contact me 0428904809 if you wish to have conversation about your child's emotional development and any of the activities suggested here – or share your own with other parents. We can also set up a ZOOM discussion.

Kind wishes – stay well and healthy.

Gene Reardon

Family Engagement Leader

