



### Emotions: How to Recognize and How to Teach

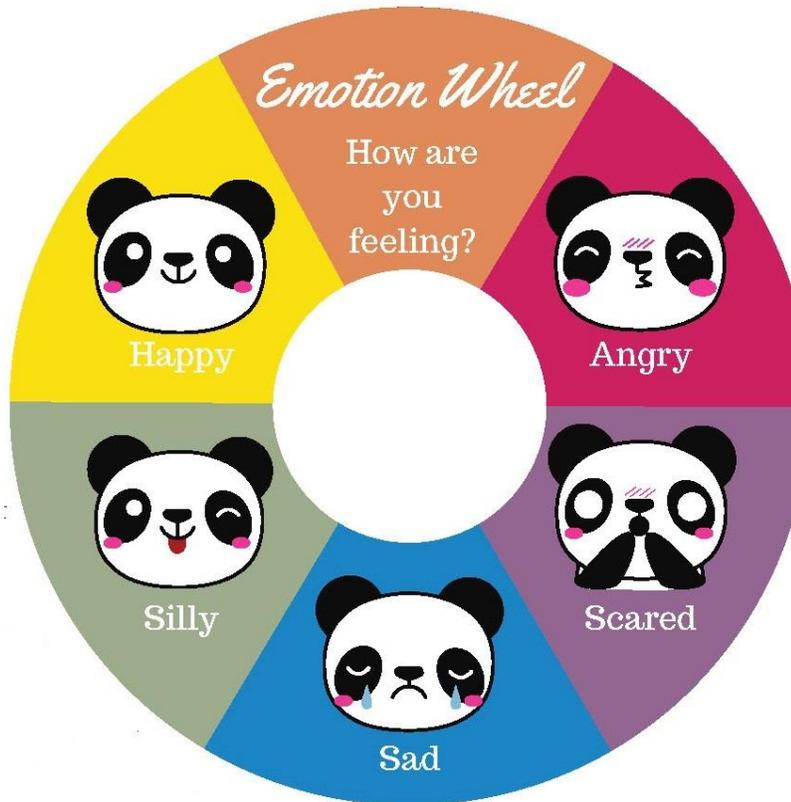


Have you ever heard the phrase "the terrible twos?" It can be easy to mistake the phrase to mean that the two year old children are terrible, what it should mean is that young children are going through so many changes that their emotions can change terribly quick. If you and your child are struggling with some fast changes in behavior it might be a good time to talk to your child about their emotions.

Children's understanding of emotions is based on their ability to recognize different emotions, what causes certain emotions, and their reactions to emotions. Studies have shown that children's understanding of emotions is related to having positive interaction with their friends.

Make talking about emotions part of your regular conversations. Say things like "I was sad when the grocery store was out of grape jelly, but now I found flavor that I like too!" or "I was so happy when my friend gave me a gift that I said thank you 5 times! By talking like this, you helped your child identify an emotion, what caused the emotion, and a healthy

reaction to it. You can also use the emotion wheel like the one below to help explain each emotion.



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### Talk to Your Child about Valentine's Day



On, or before February 14th, we start to see traditional paper heart cutouts, red roses and chocolate, chocolate, chocolate! Let's consider Valentine's Day, a unique opportunity to talk to children about love and healthy ways to express emotions towards the most important

people in their lives (parents, grandparents, siblings, teachers and friends). Below are some tips to help you navigate this holiday:

- If your child is in school, his/her teacher may have some class rules to share when it comes to Valentine's Day. Talk to your child's teacher before sharing Valentine's cards, candy, etc.
- You don't have to spend a lot of money! Consider sharing homemade Valentines with family and friends.
- Making Valentines together can be a fun activity to do with your child and encourage creativity. Schedule a time and be sure to start early.
- Have a conversation about why you might share Valentines with family, friends, and classmates, and encourage them to see the kindness in giving.

For more articles like this see

**-- Oregon Parenting Together --**



## **Blog of the Month**

Back in the fall [I wrote](#) about my feelings and worries about sending my oldest off into the world of preschool. While my wife and I had a lot of mixed emotions at the time, we knew it was the right choice for him and that he was ready. I thought a few months in that now would be a good time to give an update on how things have gone so far and some observations we have noticed.

**-- Read More --**

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## Upcoming Parenting Classes

### **Make Parenting a**

**Pleasure** *(English & Spanish)*

Four Corners Elementary School

500 Elma Avenue SE

Salem, Oregon

Every Tues., Jan. 17 to March 21

5:30-8:00pm

Call (503) 399-3145 to register

### **Nurturing Parenting** *(English & Spanish)*

Hallman Elementary

4000 Deerhaven DR NE

Salem, Oregon

Every Wed., Jan. 16 to April 17

5:00-7:30pm

Call (503) 399-3451 to register

### **Nurturing Parenting** *(English & Spanish)*

Scott Elementary

4700 Arizona Avenue

Salem, Oregon

Every Thurs., Jan. 31 to May 2

4:45-7:15pm

Call (503) 399-3302 to register

### **Positive Solutions for**

**Families** *(English & Spanish)*

St. Mary's Public School

590 E. College St

Mt. Angel, Oregon, 97362

Every Thurs., Feb. 7 to March 14

5:30-8:00pm

Call (503) 845-2547 to register



### **Make Parenting a**

**Pleasure** *(Spanish)*

Nellie Miur Elementary

1800 W. Hayes St

Woodburn, Oregon

Every Tues., Jan. 8- March 12

5:00-7:30pm

Call (503) 982-4305 to register

### **Make Parenting**

**aPleasure** *(English & Spanish)*

Cipriano Ferrell

1274 5th St

Woodburn, Oregon

Every Tues., Jan. 8- March 12

5:30-8:00pm

Call (503) 982-0767 to register

### **Nurturing Parenting** *(English)*

Monmouth Christian Church

959 Church St

Monmouth, Oregon

Every Mon., Jan. 7- March 11

6:00-8:00pm

[Click here to register](#)

### **Nurturing Parenting** *(English)*

Lyle Elementary School

185 SW Levens ST

Dallas, Oregon

Every Wed., Jan. 9- Feb. 20

5:00-7:00pm

[Click here to register](#)

To find Parenting Education classes near you click on the county below:

-- Marion County --

-- Polk County --



### **Vroom Tip**

Encourage your child to think of a body part and a word that rhymes with it. Help them create a sentence like "My nose smells a like a rose" or "my legs don't eat eggs!" Take turns coming up with different body rhymes and make them as silly as you want.

[More Vroom Tips](#)

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