

Encourage them to say their name, age, and something they like. Provide positive feedback to boost their confidence.

5. Read books about emotions

Books can help your child learn to identify and express their feelings, recognize emotions of others, and manage emotions (i.e., deep breathing or counting to 10). While reading, discuss how the characters feel and ask your child how they would feel in a similar situation. Some of our favorite books include *The Color Monster* by Anna Llenas, *The Way I Feel* by Jenan Cain, and *Big Feelings* by Alexandra Penfold.