



# Name That Emotion!

Help your baby understand the full range of feelings by using the words and language of emotion. Talking through feelings can set the stage for healthy long-term social-emotional development.

## GOOD TO KNOW

### **Babies experience many of the same emotions adults feel.**

Your baby relies on you to help them make sense of feelings. Children with hearing loss are at risk for delays in social-emotional development, so it's important to use and teach the language of emotion. Labeling, empathizing and problem solving through a variety of emotions can help your baby develop life-long understanding of feelings!

## TRY

### **Using Language for Emotions**

*Observing:* Why did your child start crying?

*Naming:* "I can see you're frustrated by that puzzle."

*Empathizing:* "I'd be frustrated too."

*Problem solving together:* "Let me help you."

### **Identify feelings in others**

Put words to your feelings as well as other family members and peers explaining WHY. "Dad is excited about going fishing."

### **Describe feelings of characters in books**

Use names for a variety feelings like angry, embarrassed or shy. Characters in children's books often show excellent illustrations of emotion. Ask your baby "How does the cat feel? I wonder why?"



## REMEMBER

Children with hearing loss can miss subtle language cues that go along with expression and understanding of emotion. Using the language of emotion can help your baby develop empathy and support development of theory of mind (the awareness that others have emotions and perspectives different from our own).