



INTRODUCTION

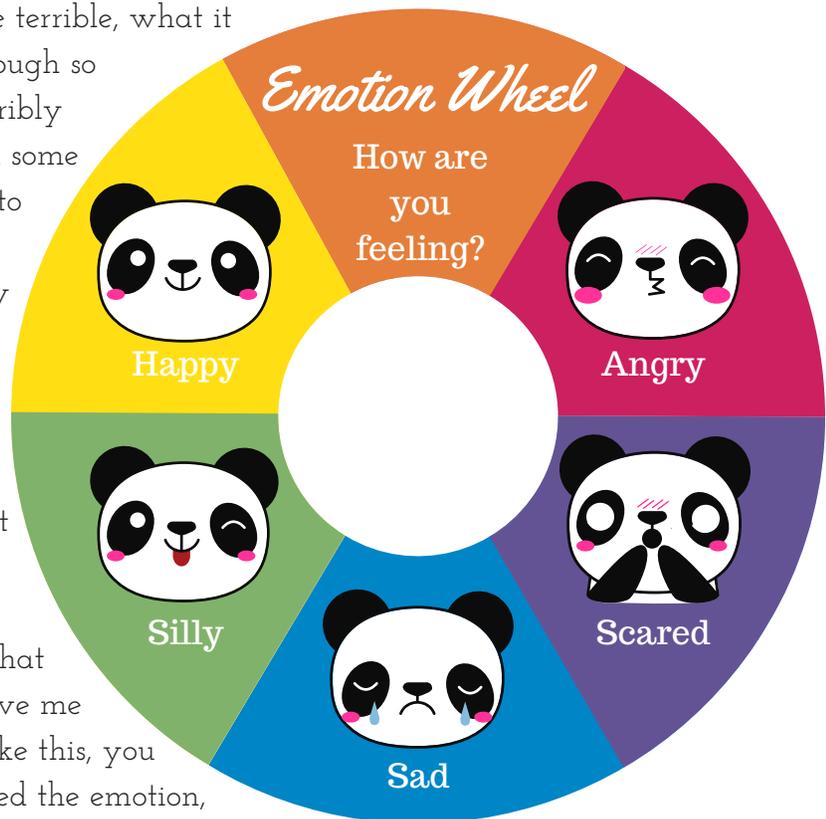


In this issue of Oregon Parenting Together features articles on how to talk to your children about emotions. We will also talk about how to help your children adapt and love their growing family.

This series of newsletters is inspired and created just for parents. If you have suggestions, comments or ideas for future newsletters please share on our Facebook (Oregon Parenting Education Collaborative) or Twitter page (@OPECParentingEd).

EMOTIONS: The Good, The Bad, and How to Help!

Have you heard the phrase "the terrible twos?" It can be easy to mistake the phrase to mean that 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 quickly. 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 interactions 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 a new 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 an emotion wheel like the one on the right to help explain each emotion.



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NEW ADDITIONS, NEW EMOTIONS: *Becoming a Big Sib!*



When you had your first child, everything was a new experience, from pregnancy to birth to caring for your new child. With your next pregnancies, while you may feel better prepared and comfortable with what is going to happen. However, there is one major difference, you have a child already who will now be going through those changes with you. Your first child will be going from being the only child with all of your attention, to having to share time with their new sibling. Because your attention will be divided when the baby comes, it is important that your older child feels secure with your

relationship and has good supports in place to help them with the transition. You should also involve your older child as much as you are comfortable with. Talk to them about the baby growing in their mommy. Depending on the age of your child you might want to talk about pregnancy in different ways. The American College of Obstetricians and Gynecologists recommends that for very young children to wait until after the first trimester, because it could be hard for your child to understand until they can see changes in their mother's body. It is important that your child feel like they are a part of the process, and that they are able to talk to you about it. Studies also show that children who have good peer relations have an easier time transition into becoming a big sibling. Interactions with peers gives your child practice in dealing with conflicts, and emotional supports. Be sure to talk with your child and try and address any fears they may have. The box to the right has some other fun activities you can do with your child to help them prepare to be a big sib!



FUN WITH YOUR KIDS!

- Show your child(ren) pictures of when mom was pregnant with them
- Have your child(ren) help with baby names, pick out new clothes, or find toys for the new baby
- If you have siblings, talk to your child(ren) about why you love your siblings
- If your children will share a room, set it up early so they can get used to the idea.
- After the baby arrives be sure to still spend some one-on-one time with your older children to help avoid jealous feelings

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Find your local parenting resources at:
<http://orparenting.org/>



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