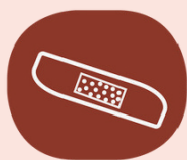




# Four Years of Fun, Feelings, and Big Questions

Your child's world is growing fast – with more complex emotions and new experiences. Your child is becoming more independent and social, but unexpected changes can still be hard. They might even face the loss of a pet or loved one without fully understanding it. You can't shield them from everything, but your support helps them feel safe and build resilience.



## Coping & Resilience

It's normal to want to shield your child from life's bumps, bruises, and hardships. But, resilience can only be learned through struggle. Help your child learn how to cope and bounce back from challenging situations and take risks!



## Focus Your Attention on Helping Your Child Cope with Difficulties

### Why It Matters

Life brings both big and small challenges, even for young children. Learning how to handle frustration, change, or loss helps your child feel more secure. When you talk about feelings and offer comfort, they learn that tough moments pass – and they don't have to face them alone.

## Everyday Moments: Teaching Balancing Emotions to Your Child

### What It Looks Like

When your child hears that a friend is moving away, they might burst into tears. You say, "You really liked her. It's okay to feel sad when someone we care about leaves or moves." Then help your child find a way to acknowledge and share their feelings. Maybe that includes making a good-bye card, getting their friend's new address to send pictures and letters, or making plans to spend extra time together before the move. Your support helps your child understand change and feel more connected and in control.

## What You Can Do – A Checklist for You!

- ☐ Acknowledge your child's feelings: "It's okay to feel sad or mad"
- ☐ Offer comfort with hugs, a soft voice, or quiet moments together
- ☐ Talk about loss or change using simple, honest words
- ☐ Stick to routines to help them feel safe and in control
- ☐ Share memories of people or pets they miss
- ☐ Show how you cope: "Sometimes when I feel sad, I listen to my favorite music"

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Communication



Coping and  
Resilience



Understanding  
Feelings



Problem  
Solving



Self-  
perceived  
Confidence



Conflict  
Resolution



Balancing  
Emotions



Diversity  
Awareness  
and Respect