



The Many Faces of Baby

While this book is full of baby faces showing every type of emotion, it is an excellent choice for toddlers and older children! Children love babies, so using their cute little faces to discuss feelings with older children can be very effective. It will help develop the vocabulary needed to express their emotions. Keep this book in a basket with the following items: a small mirror (for your child to make their own feelings' faces); a stress ball (to hold when feeling frustrated or anxious), some tissue (when feeling sad); a stuffed animal (to cuddle when feeling scared); and, any other items you may think of to promote self-regulation of emotions for your child. Using this book as a conversation starter about feelings will help you help your child!

