



THE FAMILY CONNECTION UNIT 6 – I FEEL (MAD & SCARED)

Dear Family Member,

Your child is participating in Healthy Alternatives for Little Ones (HALO), a health education and prevention program. Recent activities focused on the importance of:

Feelings – “mad” and “scared”

Things you can do at home:

- Teach your child to understand feelings.
- Share your feelings by saying, “I am mad or sad.”
- When your child is angry, say “I know you are mad, you can say you are mad but you may not hit.”
- Respect your child’s fears. Say, “I understand that you are scared.” **Not**, “There is nothing to be afraid of.”
- Never use fear to control a child or threaten with the “Boogey Man” or monster.
- Comfort your child when he or she is mad, scared or sad.
- Be trustworthy. Say when you are leaving and when you will return.
- Allow your child to carry a stuffed animal or blanket for comfort. Your child will give it up gradually as they get older.

