



Comfort Play & Teach



How Your Mental Health Affects Your Kids

Your Preschooler (36 months to 48 months):

- **Talk about emotions:** Discuss different emotions with your child. This can be done through songs and books such as [*Mommy's Different Faces*](#) by Barbara Patterson, or [*My Many Colored Days*](#) by Dr. Seuss. This conversation can help your kids identify and understand your emotions, and their emotions.
- **Play with your child:** Be an active member in your child's play. Through play, you can help your kids learn things like how to express themselves, and how to react to and deal with different situations.
- **Create an emergency plan with your child:** Ensure that your child knows how to use the phone to call someone if you are having a difficult time. Your child should know who to call, with the number nearby. Also ensure your child knows how to call 9-1-1 in case of emergency.
- **Take time out for yourself:** Plan a night or weekend out. Remember that you need to take care of yourself in order to be able to take care of your child.

Comfort

Sometimes the best solution is to take some time for yourself. Care for yourself, and then you will be ready to care for your child.

Play

Playing with your child is a wonderful way of ensuring that they feel special and loved. Plus, through play your child can learn valuable lessons of self-expression.

Teach

Use books to fuel conversations with your child about emotions. She will learn the words to express her own feelings and will gain an understanding of how others feel.