

How to encourage children

to express their emotions

Many children find it hard to open up and express their feelings during difficult times, but you can be a resource for your child to turn to.

Here are some things you can say to your child to help encourage them to share how they're feeling...

Ask how they're doing

“ I noticed you were quiet on the ride home. How are you doing? ”

Show them support

“ I know keeping up with school and friends can be hard. How is that going and is there anything I can do to help? ”

Make them feel comfortable

“ If you are ever having a bad day, know that I am here for you. ”

Visit **TurnToSupportsTX.org** for more resources and ways to find help.

Sources: UT Austin, The Washington Post, Western Journal of Communication, Handbook of Communication and Emotion, Journal of Social and Personal Relationships, Journal of Personality and Social Psychology, Health Communication



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