

HELPING YOUNG CHILDREN WITH FEELINGS USING HOMEMADE BOOKS



Dear Parents and Caregivers,

As children grow, they learn about the world and their feelings. This can be hard for them—and for you too! You might wonder how to help your child when they are sad, scared, or going through something new.

Books can help. Books use pictures and words to talk about feelings and experiences. Our **Early Connections Team** has fun ideas to help you make simple books with your child.

What can I make a book about?

You can make a book about almost anything! For example:

- Getting ready for something new (like going to the doctor, starting daycare, or meeting someone new)
- After something stressful or scary
- Learning about rules or limits

Why is it helpful to make books with your child?

Making books together is a great way to help your child understand their feelings. Making books can also prepare them for something that is going to happen. These are sometimes called empathy books. That means they help your child feel understood and cared for. They also give you time to slow down and connect with your child. When you make books with kids, they feel important—and that feels really good!

You can also make a book after a tough moment to reconnect with your child.

How do I make a book?

When you're ready to make a book, take a few deep breaths so you feel calm, and you can connect with your child. Then:

1. Fold a piece of paper in half.
2. Draw your child on the cover. (Add things like curly hair or glasses to look like them.)
3. Use their name in the title. Examples:
 - *"Johnny Goes to the Doctor"*
 - *"Susy and the Cookie"*
4. On each page, draw simple pictures. Stick figures are great!
5. Write short sentences about what happened and how your child felt.
 - For young kids, just pictures are okay.
6. Use the words you use at home. Examples:
 - *"Johnny got an ouchie. It hurt. He cried."*
 - *"Susy was mad. She wanted another cookie. Mommy said, 'Later.'"*
7. You can add what happens next. Example:
 - *"Johnny got a hug from Mommy."*
 - *"Susy can have cookies after her nap."*



Sample Book About Rules or Limits.

1



Lilly's book about Jumping

2



Lilly's loves jumping on the couch.

3



Mommy says, "No jumping on the couch. Lilly is angry.

4



Lilly cries.

5



Lilly can jump on the pillow. She is safe.

6



Lilly's loves jumping!

Sample Book About Saying Goodbye.

1



Gina's book about saying goodbye.

2



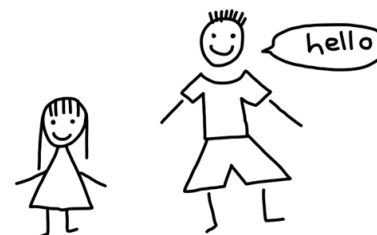
Daddy goes to work and says, "Goodbye!"

3



Gina is sad. She misses Daddy.

4

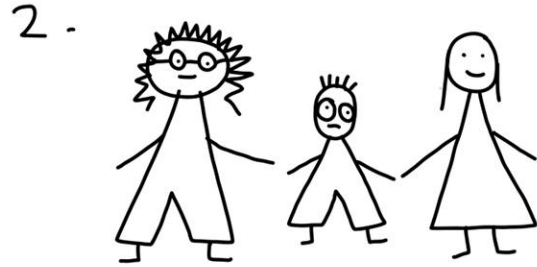


Daddy comes back from work. Gina is happy to see him.

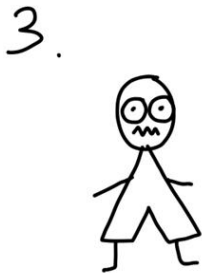
Sample Book About Going to the Doctor.



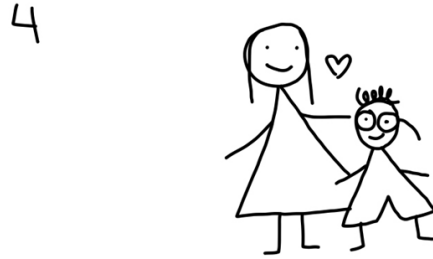
Joey's book about the doctor.



Joey will go to the doctor. Joey will get a shot.



Joey is a bit scared.

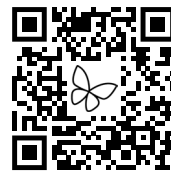


Mommy will help Joey and hug him. Joey will be OK.

What are a few helpful tips when making a book with my child?

- You don't need to be a good artist. Kids love your drawings—even stick people!
- For very young children, just one page will do.
- The most important thing is to connect with your child and show you understand how they feel.
- Talk out loud while you draw and write.
- Read the book with your child when you're done.
- Your child might want to read it again—or throw it away. That's okay! What matters is the time you spend together talking about your child's feelings.

Where can I find online resources for more support?



Pandemic Parenting: Making Empathy Books for Children

<https://www.youtube.com/watch?v=IHqRkXR0m6w> (Video)

For more samples

Visit <https://ruthbeaglehole.com/resources/>



STEIN TIKUN OLAM EARLY CONNECTIONS PROGRAM CHILDREN'S HOSPITAL LOS ANGELES

4650 Sunset Blvd., Los Angeles, CA 90027 • CHLA.org

Scan the QR code on the left for more resources from CHLA experts.