



## A-04

### Developing Emotional Vocabulary: Moving beyond happy, mad and sad

Mental Health and  
Well-being Parent  
Partnership Committee

201A

Help your child talk about how they are feeling! Not just happy, sad and mad but other words that help children identify (describe?) their feelings so they can understand and manage their behaviour better. The workshop is for parents of young children (JK – Grade 3) and will include useful strategies and books that you can use to help your child at home.

#### Presenter

#### Martha Rice & Suzanne Beauregard

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Martha and Suzanne are Speech-Language Pathologists with over 15 years of experience at TDSB. Both are skilled in parent training and have a strong interest and experience in helping students connect emotional vocabulary to social interactions and reading comprehension.