Toddlers show their feelings in different ways. They cannot put what they are feeling into words.

We have 7 different basic emotions:

- Happiness
- Sadness/grief
- Fear/anxiety
- Anger
- Shame
- Guilt
- Disgust

You can read more about the different emotions here: [Følelseskompasset.no]

It is not always easy to comfort and support your child. You may feel frustrated, worried or afraid. In that case, it can be difficult to distinguish your feelings from your child's.

What do you think about that?

What can you do to support your child when they are feeling different emotions?



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Comfort and support

Small signals that your child uses:

- Maybe they move their head in a particular way just before they burst into tears?
- Maybe your child makes the same facial expression before they start crying?
- Watch closely for these small signals. That way, you may be able to meet your child's needs before they start crying



What signals does your child use when they are upset or frustrated?

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