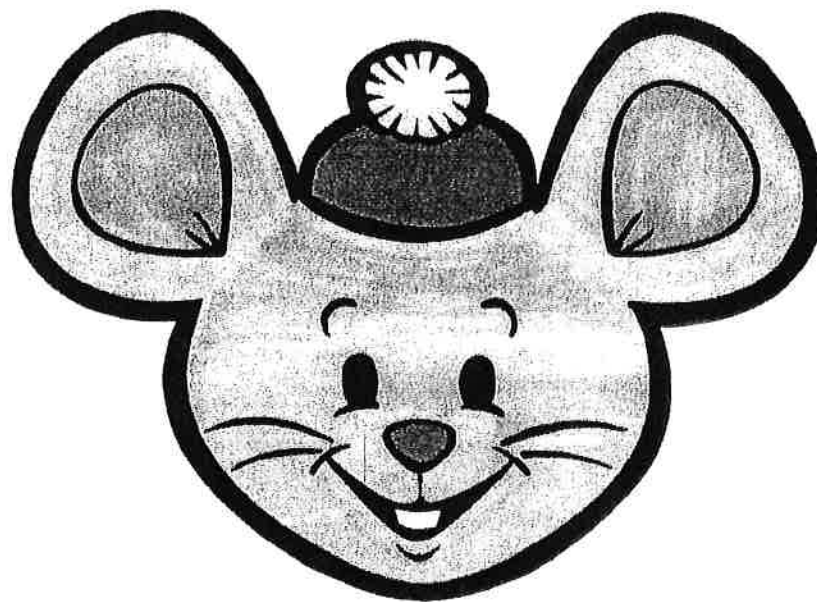


## Messages to parents

### WORKSHOP 6 Feeling happy

Dear parents,

*Minipally* says that whenever he visits us at daycare, his heart is full of happiness to see us again, and that makes me happy. I have had feelings for a long time but I am only just starting to understand and name them. Many things make me happy. Like *Minipally*, I smile when it's my birthday. Can you remind me what makes me happy? I like to look at photographs where I'm smiling with you and to remember happy things we did together.



*Agnes*



**Minipally**  
Suggestions for parents  
Workshop 6: Feeling happy

My child is learning to recognize happiness by associating smiling with this emotion. She is learning to say "I'm happy" when she jumps, shouts or gets excited before a situation that makes her very happy. She is learning to recognize what makes her happy.

- When my child shouts or jumps for joy (visiting Santa Claus, arrival of Grandma or a friend), I use that occasion to describe her behaviour and the emotion attached to it: "You're smiling, you're jumping, you're happy that we're going to see Santa Claus. You can say, 'Yay, I'm happy to go see Santa Claus.'"\*
- When I arrive at the daycare at the end of the day, my child smiles and throws herself into my arms. I use this opportunity to tell her, "You're jumping into my arms with a beautiful smile, you're happy to see me. Me too, I'm happy to see you, look at my big smile and the big hug I'm giving you."\*
- At the first snowfall or when I announce the family is going sledding, I observe and name my child's reactions: "You're happy to go play in the snow. You're showing me with your smile and your shouts of joy. 'I'm so happy, hurray for snow.'"\*
- When my child gives me a hug, a gift, or helps me tidy up, I move closer, smile and tell her: "Look at my smile, I'm happy that . . . ."\*
- When I propose a special activity (candlelit dinner, going to the park after supper, reading an extra bedtime story, etc.), I ask my child: "Would that make you happy, if we do such and such activity?"\*

\* Translated from Sylvie Bourcier, *L'agressivité chez l'enfant de 0 à 5 ans*. Montreal: Éditions du CHU Sainte-Justine, 2008.