



## *Living our Values – Understanding our Feelings*

In January we think about ...

### ***Co-operation***

*"Teamwork makes the dream work!"*

Co-operation is the art of working together to achieve a common goal. It is also doing what someone has asked you to do.

As parents and carers, you could try to use the word in context, so that your child improves their understanding of it. For example, you could praise them for following an instruction; "Fantastic, thank you for co-operating and putting your toys away when I asked". You could also ask them to help out around the house; "Could you co-operate and put the knives and forks out for me please? Thank you!"



### ***Feeling disappointed***

*We teach our children that when we feel disappointed we feel let down, and can feel as though no-one cares about us. Often we feel tired and don't want to be involved in doing things.*

Feeling disappointed is normal behaviour. Talking about it usually helps when the child is ready. Try to talk with your child about what it was that made them feel disappointed, and acknowledge that it's OK for them to have felt that way. In order to help your child to learn how to manage their feelings it is better to avoid trying to compensate or "make it better" with a present. Ending the conversation with a hug is the best way to offer reassurance for your child.