

A Note to Parents

A Journaling Guide

“Journaling is an outlet tool. It helps kids process and express their feelings and thoughts on paper so that they can make sense of troubling or confusing situations. Young children are impacted by what they see, what they experience and any changes in their routine. Here are some useful prompts* to help your child(ren) journal during this time.”

-N.M.

Write and/or draw how you feel:

- o at the end of this story
- o if Mom loses her hair
- o if Mom needs to rest
- o if Mom cannot attend an event e.g. school play, soccer
- o when Mom goes to the doctor
- o when the whole family dances together
- o when you and Mom create a memory book together
- o when you play in the sprinklers in the summer

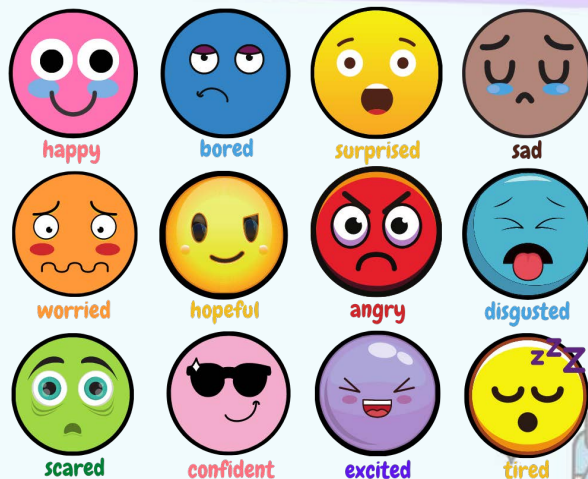
What things can you do to feel better when you are [insert emotion] e.g. sad/angry/worried etc.?

Write or draw about a funny experience with your family or friends.

Name or draw 3 things you can do to help Mom at home. How do you feel when you help Mom?

Little kids can journal too!

Help your child(ren) identify their feelings using these emojis!



*Children's reactions to difficult news depend on their age, stage of development, personality and a number of other factors. These prompts are just a few ideas. However, it is best to take your child's lead on how they feel and what they want to write or draw in their journal pages.