

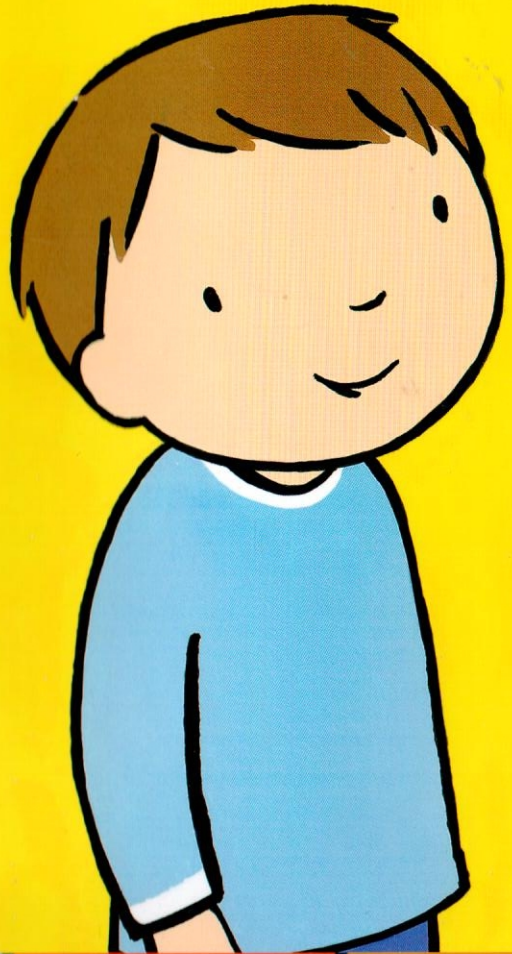
Nicola Call & Sally Featherstone

DEALING
WITH
FEELINGS

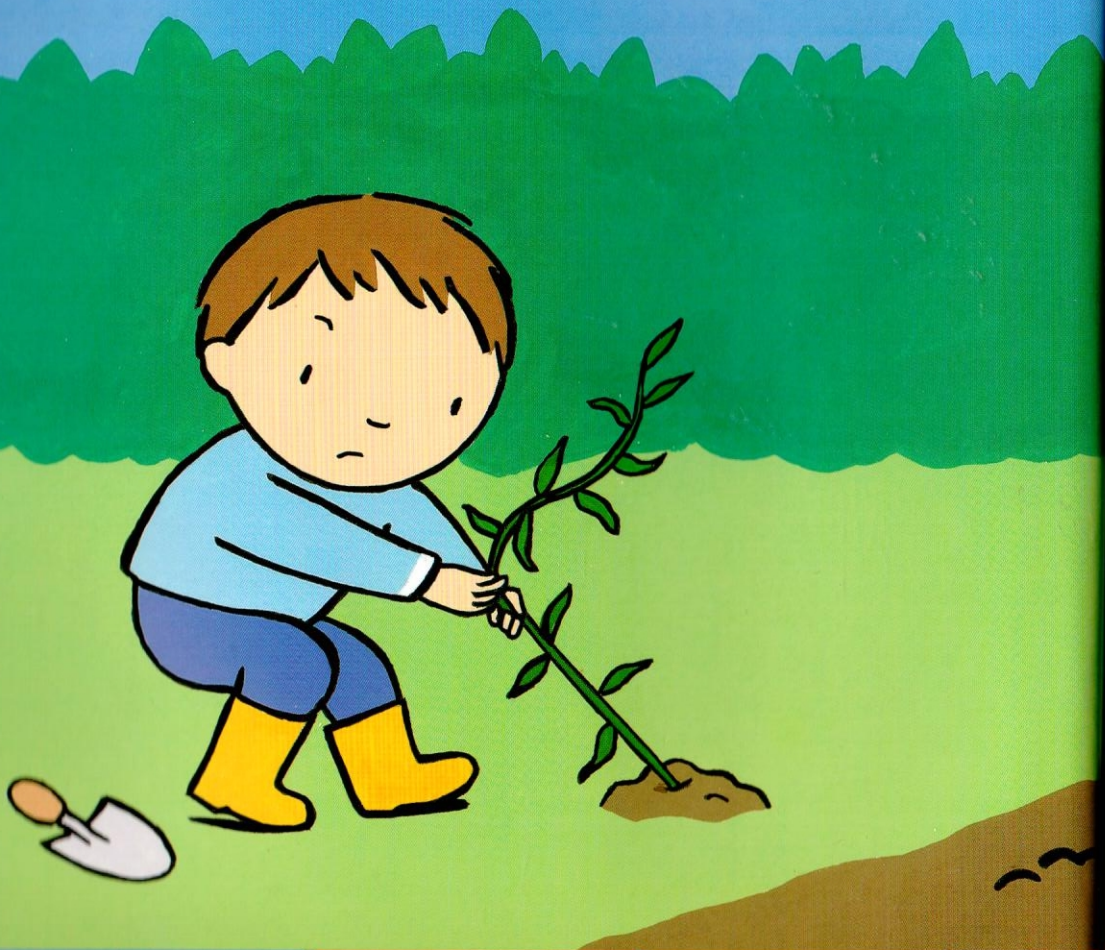
My Big Brother



My brother Derek is older than me.



When we help in the garden...



he's stronger than me.



When we play football...



he scores more goals than me.



When we write to Grandma...



he writes more than me.



When we help in the kitchen...



he reaches higher than me.



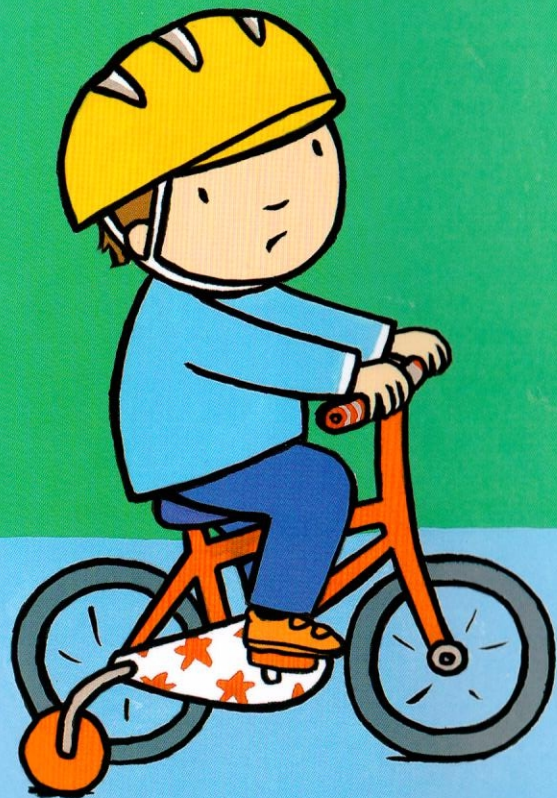
When we play with trains...



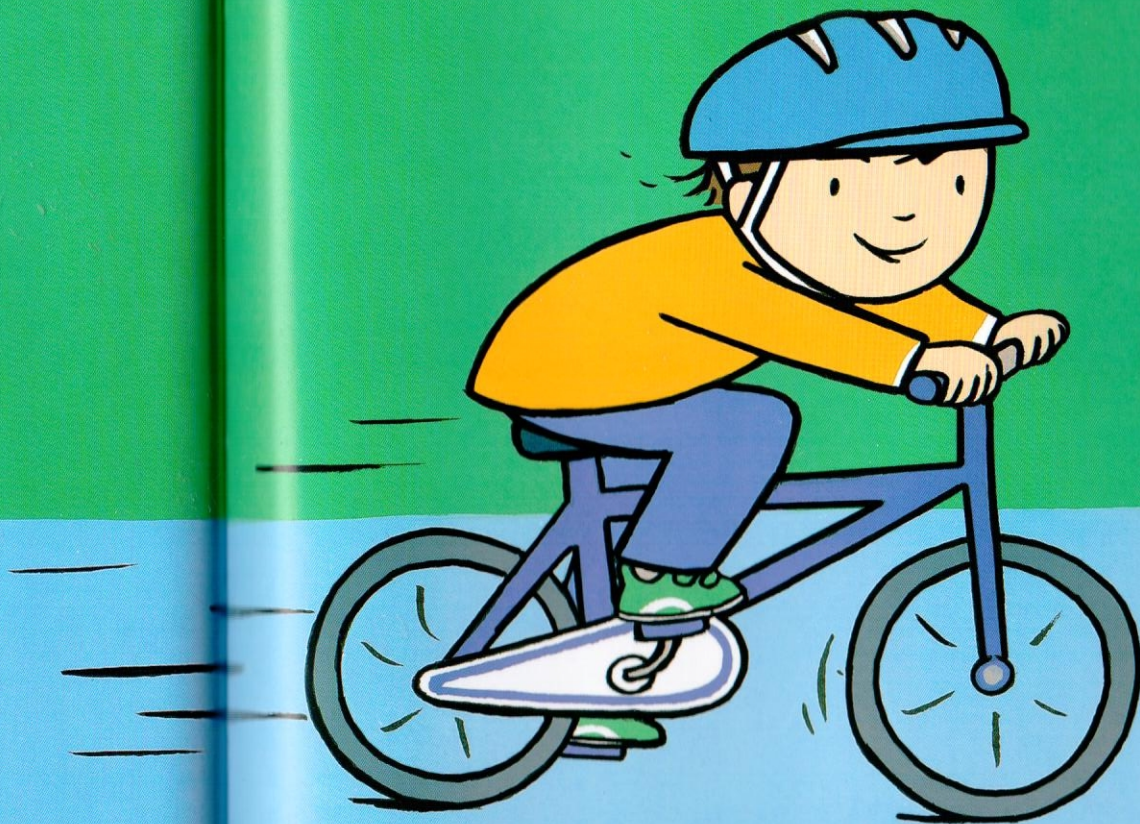
he builds better tracks than me.



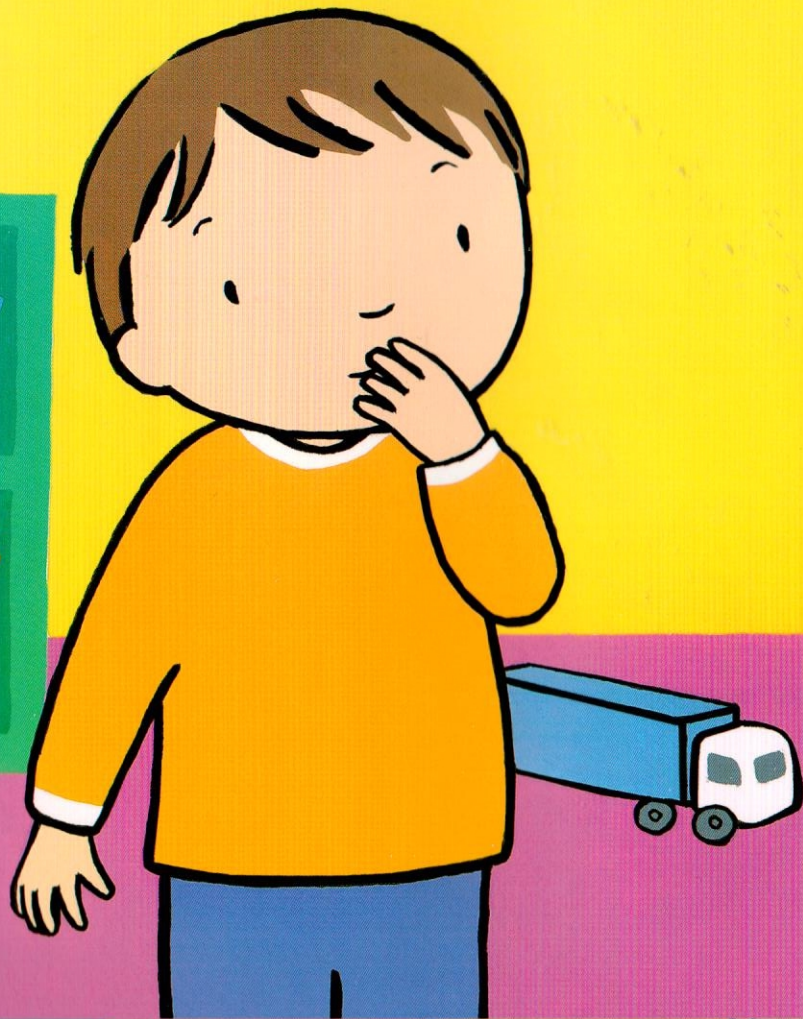
When we ride our bikes...



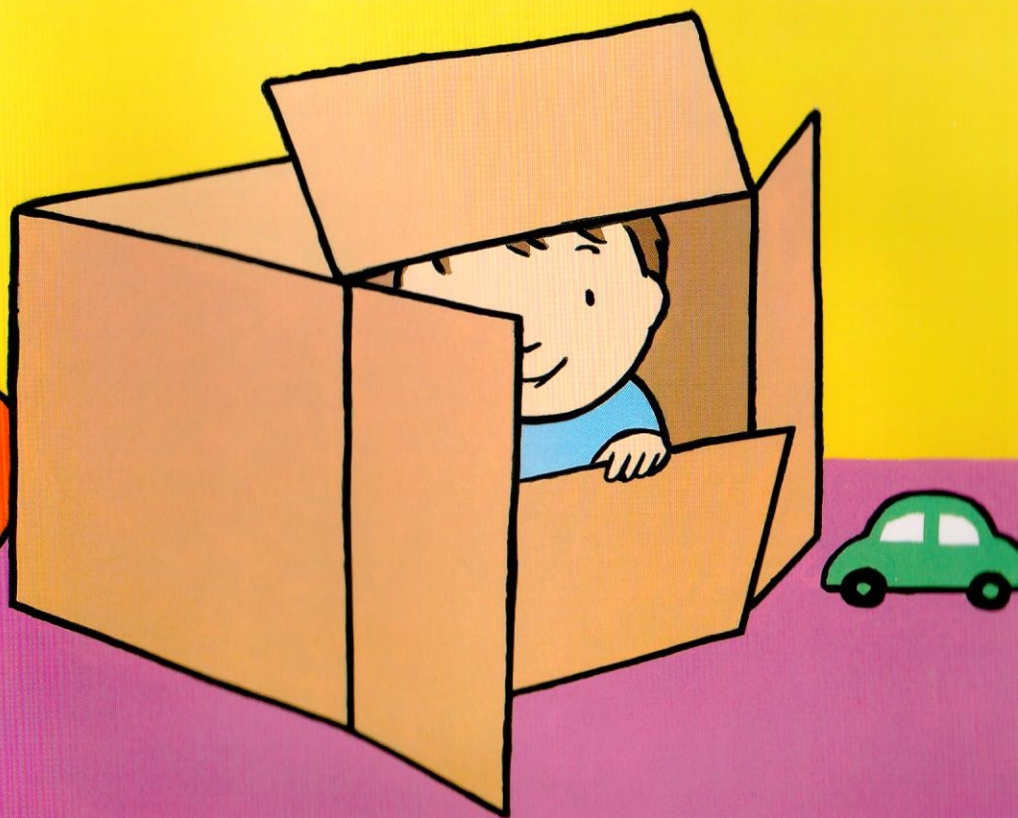
he goes faster than me.



But when we play hide and seek...



I'm best at hiding where Derek
can't find me!



My Big Brother

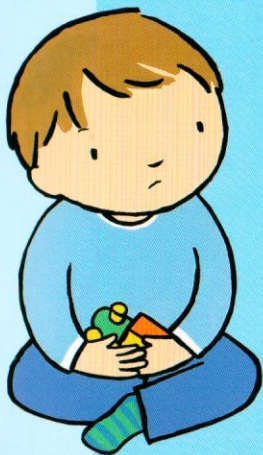
Introduction

This story explores how it feels to be a younger sibling. Gregory notices that in many situations, his big brother Derek can achieve more – he can score more goals, reach higher, and ride his bike faster. This can make Gregory feel sad or disappointed. But he doesn't give up – he still rides his bike, digs in the garden, and writes a letter to his Grandma. Finally, he discovers when playing hide and seek that there can be advantages to being smaller than his brother!

Top tips for using this book

Remember that you don't need to do them all at once!

- 1 Stories can be a very positive way to discuss common childhood experiences. Read the book several times and encourage your child to re-tell the story in his or her own words. Talk about occasions when your child has been with older children, and how it felt to be the youngest.
- 2 Every child experiences times when other children have the advantage of age, size or experience. Refer to this story in advance of an event where your child might become frustrated. Help him/her work out ways to be successful before emotions become involved.



- 3 Use positive language about skills that your child has not developed – yet! Make sure he/she understands that eventually he/she will be able to do these things. Teach your child words for feelings he/she might experience when trying new activities. Model these words and a positive attitude when learning something new.

- 4 Make a 'Can-do' collage with photos of things that your child has learned to do. Include photos of when he/she was younger. Create a tradition of making a new collage every six months, and pin it on the wall, or keep adding to a large one. Add to it when your child learns a new skill. Children enjoy recording their own progress in this way.

- 5 When your child plays with other age groups, encourage all the children to work out rules such as giving smaller children a head start, or moving goalposts closer together. When your child is the oldest child in a group, teach him/her to help and encourage the younger ones.

- 6 Help your child to make a book about your family, with photos of everyone at different ages. Write captions underneath the photos. Include photos of yourself at your child's age and talk about your childhood experiences with siblings, cousins and friends.

