



Helping Young Children With Emotions

Emotional awareness is one of the most important social-emotional skills for your child to learn and develop. Emotional intelligence has been linked to many health outcomes for both children and adults.

Although young children under the age of 3 may not yet have the verbal skills to describe what they're feeling, you can start helping them practice identifying and naming different emotions from an early age.

Download our newest tip sheet to gain valuable insight into teaching a child about emotions as well as healthy ways to help express and manage them.

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Being Responsive to Your Child's Needs

Between the ages of 0 and 3, a child's main developmental challenge is to build a secure attachment with their caregivers. It's possible to build a healthy attachment with your little one by picking up on and responding to their needs - even before they can talk.

This Toddler (0-3) life stage tip sheet will help you explore how to build a healthy and secure attachment with toddlers by picking up on and responding to their needs.

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Support Iris the Dragon

At Iris, our mission is to develop accessible tools and products to help practice good mental health and wellness throughout one's life. To date, we have successfully donated \$1.2 million worth of resources and with your support, we can grow further!

A generous gift of **\$10 CAD** (or foreign currency equivalent) can cover the cost of a printed book donation to a school or frontline mental health organization.

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