A vibrant rainbow with multiple layers of colors: green, yellow, orange, red, and purple. It arches over a large, fluffy white cloud. A pink ribbon is tied around the top of the rainbow. The background is a dark purple sky with several light purple stars. Two small pink hearts are positioned on either side of the rainbow's arch.

Little Book of Feelings

A book to read to your
little one from birth



Parenting. Give it time was developed by the Welsh Government to provide positive parenting practical information, advice and support for parents and caregivers with responsibility for raising children up to the age of 18 years of age. It works with a range of organisations and professionals including psychologists, health visitors, academics and parenting experts to provide the expert advice. This book has been written by two educational psychologists from Cardiff Parenting.

Dr Sarah Fitzgibbon is a mum to a young boy and is a Senior Educational Psychologist working with children and families. Sarah is a qualified teacher who has enjoyed teaching in nursery school and previously worked as a teaching assistant working with young children with a range of needs. In her various experiences, Sarah has seen the significant role that parents play in shaping the way their children think, feel, grow and develop.

Dr Nicola Canale is a mum to two boys and is a Specialist Educational Psychologist who works with parents and children in the early years. Nicola is a qualified teacher and has developed a special interest in the important relationship that parents and children share.



gov.wales/giveittime

Dear Parents and Carers,

This book is for you to read to your baby from birth as a little baby, a toddler and even when they go to childcare, nursery and start school.

We use the name “baby” throughout the book so it’s for all little ones, but you can replace this with your own baby’s name when you read it out loud.

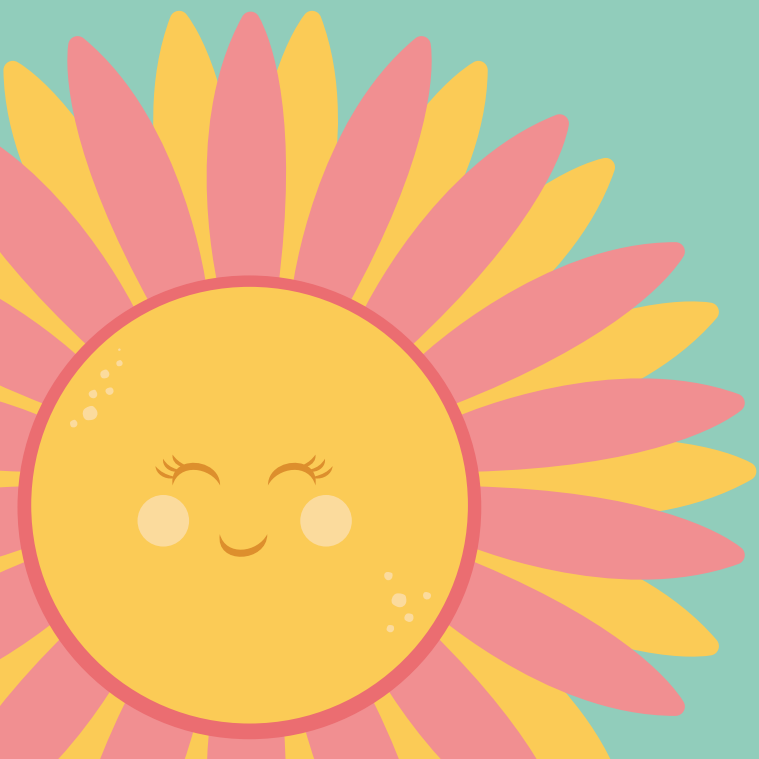
This book has two rhyming poems which talk about our emotions – seeing them, noticing them in our body and behaviour, giving them names and knowing they are ok; and finding ways to connect with your little one and help them feel better.

You and your child might have certain things that make you feel sad or happy – you can talk about these on those pages or ask your child what makes them feel that way. You both may also have ways you like to help you feel better – music, songs, pets, or a special toy – you can talk about these too.

Rhyme helps us to predict what is coming next and help us become familiar with the pattern of sounds. Rhyme helps early pre-reading skills and memory. It’s also fun to hear, even before a baby can talk and read.

We hope you enjoy it together.

Sarah & Nicola



To my baby...

My baby, baby of mine, let's snuggle together for story time.
This is our special time together,
And something we can do,
Whatever the weather.

Just like the sun,
And just like the rain,
Feelings can come,
And go away again.

There will be times,
When you don't feel okay,
And I want you to know,
That I'm here to stay.



I'll love you,
And be here for you every day,
And together we'll learn,
How to cope and contain.



The emotions we feel,
All have a name,
And together we'll learn,
What they are and from where they came.

It's ok to feel happy,
And ok to feel sad,
Our feelings have meanings,
And that's not at all bad.






Let's get to know what they are,
And how they all feel,
And how they look on our faces,
Because they are all very real.

Knowing our feelings,
Means we don't have to guess,
And we can safely show them,
And not feel like a mess.



Our feelings play a part,
In how we act and behave,
And we can learn how to manage them,
If they hit like a wave.



Just like you, I have feelings too,
And it's important for me to learn what to do.
To talk to my friends, family or others,
And learn ways to feel calm and also recover.

I might feel frustrated,
And not get it spot-on every day,
But I promise,
To try and find my way.

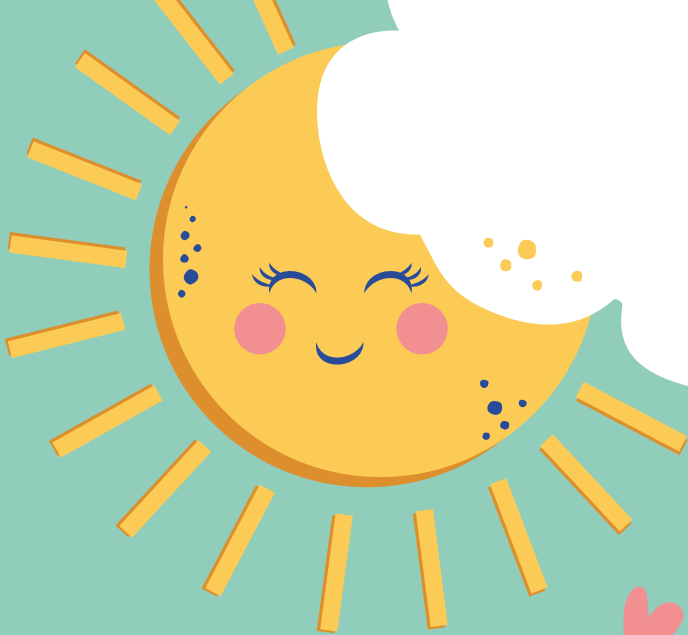
I'll be kind to you,
And to myself.
So we both know,
That we can always ask for help.




Now that I'm older,
I can look back and see,
How every day gone by,
Has made me.....me!

Every experience,
Made me who I am.
And I want to,
Do the best I can.

Let's make happy memories,
And help you feel safe.
To help you grow,
Develop, and find your place.



I'll sing with you,
Comfort you, chatter and play,
And together we will both,
Grow every day.



And, when you're out of sight,
You're in my heart and mind.
We do not have to see the sun,
To know it will always shine.

Let's turn the pages,
And together we'll see,
What we can learn,
About you and about me.

Curious baby explores their surroundings,
Reaching out and grabbing things around them.
“Baby, you’re feeling excited to explore,
Let me help you reach for more.”



Hungry baby is ready to feed,
But doesn't always understand, what they need.
“Baby, looks like you’re ready to eat,
I’ll get you some food and help you into your seat.”






Crying baby is feeling sad,
Something has made you feel bad.

“Baby, I hear you crying I think you’re feeling sad.
Would you like a hug? Yes - I’m glad.”




Happy baby laughs,
And smiles.


“Baby, you look so happy with that,
I’ll come down and play with you on the mat.”

An illustration of a woman with long dark hair, wearing an orange shirt and dark blue pants, kneeling on the floor. She is smiling and reaching out towards a small, colorful toy house with a red roof and a yellow door. A baby in a blue onesie is sitting on the floor next to the house, also smiling. The scene is surrounded by floating hearts and stars in various colors (red, yellow, blue, purple).


Playful baby gurgles and chatters,
Hearing you talk to me is what matters.
“Baby, I hear you talking,
You’re so happy to be exploring.”

An illustration of a man with a red beard and hair, wearing a pink shirt and purple shorts, kneeling on the floor. He is looking down at a baby who is sitting in a blue bouncer. The baby is wearing a green onesie and has a sad expression. The scene is surrounded by floating hearts and stars in various colors (red, purple, green).

Lonely baby is feeling scared and alone,
And having a grown up with them feels like home.
“Baby, I’ll always come back, I’m here.
I know that at the moment, you need me near.”

A woman with long brown hair, wearing a pink shirt and blue pants, sits on the floor. A baby in a pink outfit is sitting in front of her, playing with a colorful toy. The scene is decorated with floating hearts and stars in purple, yellow, and teal.

Feeling surprised,
When I didn't know what happened.
“Baby, that was a surprise,
Let's slowly look together to see what's inside.”

A man with a beard, wearing a green turban, a blue jacket, and yellow pants, sits on the floor. A baby in a purple outfit is crawling towards him. The scene is decorated with floating hearts and stars in purple, yellow, and teal.

Feeling frustrated,
When I wanted what's out of reach.
“Baby, are you feeling annoyed that you can't touch?
Let's move where you sit - oh, you like that very much.”

Sleepy baby rubs their eyes,
And even cries.

“Baby, I think you’re tired and need to sleep,
I’ll help you settle down so you can drift off deep.”

