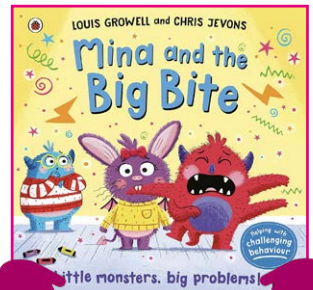




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www.northlincs.gov.uk



# MINA AND THE BIG BITE

by Louis Growell and Chris Jevons

**Mina, the little monster, has lots of sharp teeth! Sometimes when Mina is feeling anxious or upset, she uses her teeth on her friends.**

Use the ideas at the back of the book to help your child understand it's ok to feel upset and what they can do if they feel overwhelmed.

## Help your child to understand their emotions and behaviour.

It can be worrying to see a child struggling with their emotions, but how can you help your child learn to express themselves ...a little less angrily?

Watch this short video clip that shows you some of the ways you can help your child understand their emotions and behaviour.



<https://tinyurl.com/3ecn8juv>

## Blowing Bubbles

Babies and toddlers love the way bubbles float, the way they pop and the way they sparkle in the light.

Because they are so mesmerised by them, they are a great prompt for chatting and language development.

Find out more about the benefits of bubble play and how to make your own bubble mixture.



<https://tinyurl.com/y89taptf>

Sing along to the tune of 'Mulberry Bush'.

## This Is The Way We Clap Our Hands

*This is the way we clap our hands,  
clap our hands, clap our hands,  
this is the way we clap our hands,  
when we sing together.*

Repeat with...

*This is the way we stroke your hair...  
This is the way we pat your knees...  
This is the way we kiss your cheek...*

Try adding your own actions - use something you know your little one enjoys or finds soothing.

<https://tinyurl.com/yrjtc439>