



FEELINGS FIRST IS LOOKING FOR PARENTS OF CHILDREN 0 - 6 YEARS OLD

What is Feelings First?

Feelings First is a public educational resource for families, healthcare workers, and anyone that works with parents and young children. The goal is to support children's Social and Emotional Development. Social Emotional Development is how children start to understand who they are, what they are feeling and what to expect when interacting with others, all of which is important for their well-being, happiness and success in life.

It includes toolkits, lessons, videos, a website, and a social media campaign. Feelings First is a government-funded provincial project led by [Child Health BC](#).

We need your help!

We are looking for parents and caregivers who want to share their parenting experiences: What are the best and the most difficult parts of being a parent? How do you support your children with big feelings and difficult situations?

Share your parenting stories, and help other parents feel inspired and supported. Parenting can sometimes be hard, your unique experiences can help others feel less alone in their parenting journey.

So, what's your parenting story?

If you are interested, please write an email with the subject "Feelings First" to lorna.simms@phsa.ca, and we can send you more information.

Video-interviews will take place between November 2023 and February 2024. You can come in-person to a recording studio in Vancouver, or we can record online.

You will receive an honorarium to thank you for your time.