

## Parent Guide: Supporting Quiet Feelers

Inspired by

*The Umbrella That Followed Me Home*

by Desirea Robinson

### About This Guide

This guide is designed to help you support your child's emotional growth through the story of Ava and her magical umbrella. The book explores themes of emotional safety, expression, and empathy—especially for children who carry big feelings quietly.

### 1. Talking About the Story

- What do you think the umbrella means for Ava?
- Have you ever felt stormy inside like Ava?
- What do you think happened when Ava started to open her umbrella more?
- Is there something you use to feel safe when you're sad or scared?

### 2. Create Your Own Feelings Umbrella

Print the included coloring page and help your child decorate their own umbrella. Encourage them to label each panel with different feelings (happy, scared, mad, shy, etc.). This makes emotions feel visual and safe to explore together.

### 3. Daily Weather Check-Ins

Use weather metaphors like sunny, cloudy, rainy, or stormy to help your child express their mood each day. Keep it simple: 'What's your weather today?' This encourages open, non-judgmental communication about feelings.

### 4. Modeling Emotional Safety

One of the most powerful things we can do as parents is model what it looks like to feel and share our emotions. Try saying:

- 'I felt cloudy today because I missed you while you were at school.'
- 'It's okay to feel stormy. I'm here with you until the clouds pass.'

### 5. A Note You Can Leave in the Book

Sometimes children need reassurance even when we're not right there. Write a simple note and tuck it inside the book:

"If your heart ever feels stormy, know that I love you through every kind of weather."