



FEELINGS FIRST

Now more than ever, it's vital for all of us to familiarize ourselves with the important role of social and emotional development in the early years.

Feelings First is a 13-week campaign to introduce important concepts around social and emotional development in the early years, to parents and caregivers across British Columbia. We aim to raise awareness, spark conversation, and give parents and caregivers practical ideas on what they can do to support this crucial part of healthy child development. We will cover a variety of topics such as building trusting relationships, encouraging kindness and play, discussing feelings and emotions, building resilience, the promotion of openness and acceptance, amongst many more topics.

Feelings First is organized by the BC Healthy Child Development Alliance (BCHCDA) – a partnership of organizations that share a common interest in supporting healthy child development in the province.

Follow us through the campaign:



FEELINGS FIRST.CA