



Ina Victoria Haller
Lea Letén



The Little Book of Big Emotions

Den lille bog om store følelser

A series of books by child psychologist, Ina Victoria Haller, and illustrator, Lea Letén, providing parents with valuable tools for encouraging empathy, mindfulness and interest in language in their little ones.

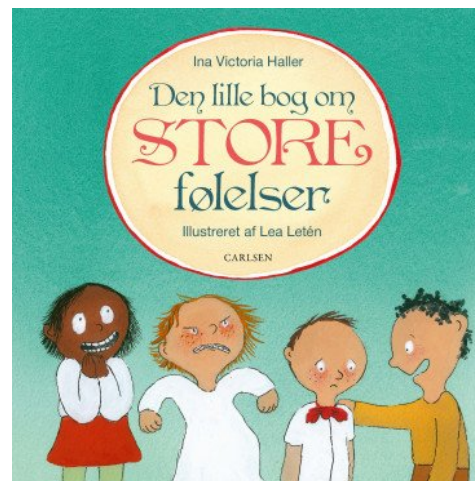
Ina Victoria Haller offers a series of books that turn reading with children into a fun and educational activity.

Lea Letén has a wonderfully recognisable style and is a popular illustrator of children's books.

SYNOPSIS

The emotional development of children needs to be supported and guided in a similar way to linguistic and motoric development. The role of the adult is to help the child understand and regulate emotions and this book provides a helping hand in how to go about this important task. This is done by looking at an active day in a fictitious family

Pelle, Ronja and their parents are going to Sophie's birthday. We follow the family throughout the day and experience all the feelings that arise in the encounter with other adults and children. The book includes suggestions for conversations and play, enabling the child to address the emotions actively. It is written by a child psychologist in collaboration with two children's NGOs in connection with the project "Block Bullying."



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