



# When I Feel Sad

for Infants & Toddlers

Updated November 2024

Sometimes, I feel sad.



It is okay to feel sad.  
Everyone feels sad sometimes.

I might feel sad when...



Mommy or Daddy  
go to work.

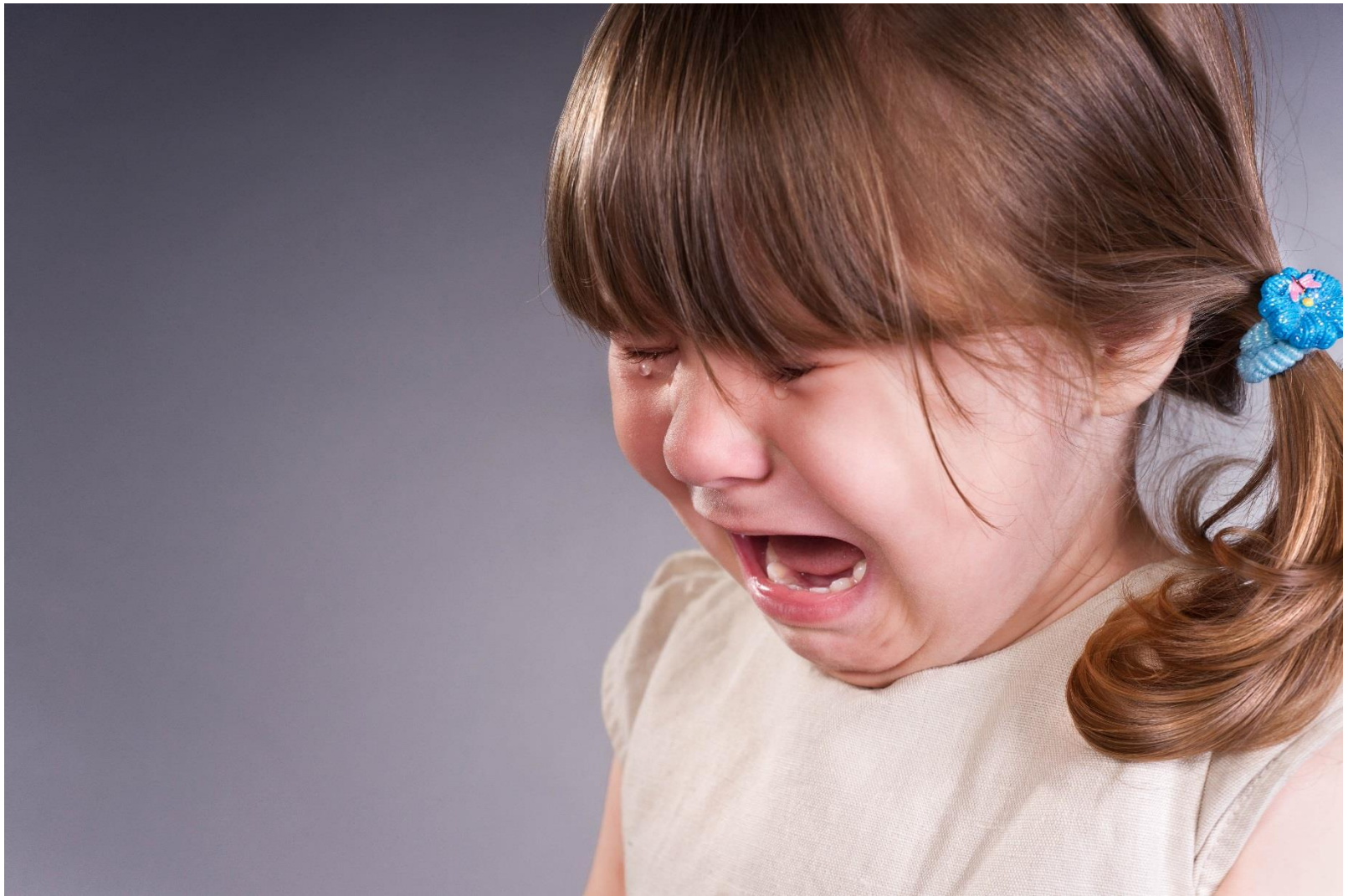


It's time to have a  
nap.



I get hurt.





When I feel sad, I might cry.

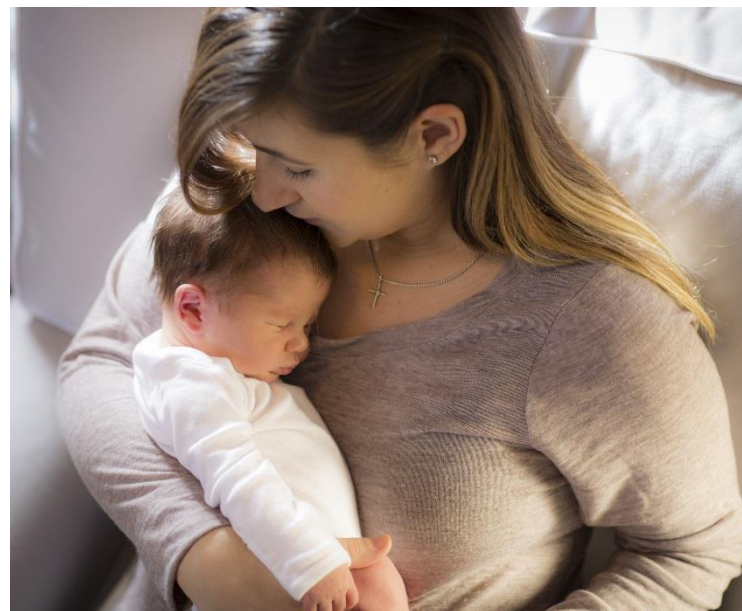


I can tell people, “I feel sad.”

A grown-up can help me feel better.



They might give me a hug.



They might cuddle me.





They might sing me a soft  
song.



They might rock with me.



When I feel better, I can go back and play!



I will not feel sad forever.

