



# The Daily Doodle: A Journal for Children Ages 4-7

*Janet Mentore Lee Ph.D.*

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As parents, we need strategies that will help us promote open communication with our children. We want them to feel reassured, validated, and supported. The Daily Doodle is an activity book designed to introduce children ages 4-7 to journaling. On each page is a writing, scribbling, or doodling prompt that will help your child express his or inner thoughts, feelings, and coping skills. Sample prompts include “The highlight of today is...”, “When I get sad, I do this to cheer myself up...”, and so on. You are encouraged to collaborate with your child in the journal writing process. By doing so, you are engaging “3C Journaling”: you are collaborating, creating, and connecting with your child, which are critical components to any parent-child relationship. Have fun and enjoy this journey with your child!

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