

# The mother tongue is the language of emotion



It is a way of thinking, sensing, experiencing, being, feeling and dreaming.



## EARLY CHILDHOOD

Language develops at the same time as the emotional regulation system. That is why the mother tongue is called the language of emotion or the language of the heart.

The language that a child learns first is often called the mother tongue.

Speaking the mother tongue makes interaction possible in the deepest and most natural way.

A child's identity develops through their own mother tongue.



## HOME AND THE WIDER ENVIRONMENT

The mother tongue is learned at home in everyday moments.

The child learns Finnish as a second language in daycare and at school through interaction with friends and staff.

A good command of the mother tongue supports the learning of other languages and skills.

It is common for children to mix languages, and there is no need to worry about it.



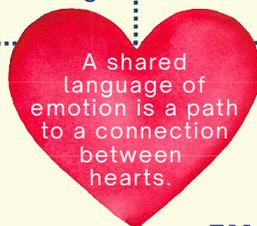
## LANGUAGE AND CULTURE

The mother tongue gives the child roots and a connection to family and culture.

Be proud of your family's cultures and languages. It is a precious heritage that strengthens the emotional bond between child and parent throughout life.

Multilingualism is an asset and strengthens the connection to one's own background.

If the parents have different mother tongues, it is good for each parent to speak their own mother tongue to the child.



## INTERACTION

One's own mother tongue builds and strengthens the most important social relationships.

A shared language is learned through interaction.

The language of emotion is not only words – it is also felt in the body.

Play between children works even without language, through gestures, facial expressions, and activity.

Speak your own mother tongue to your child, even if the child responds in Finnish.



## EMOTIONAL REGULATION

A shared language of emotion

- helps the child express their feelings and needs to the parent.
- strengthens the sense of security.
- calms the child's reactions.
- helps the child to be understood.
- makes it easier to name emotions.

The language of emotion makes feelings familiar and safe.



## TIPS:

Borrow books in your own mother tongue from the library and read together.

Listen to music, stories and children's programmes in your own mother tongue.

Keep in touch with relatives and friends who speak your language.

## HAVE YOU THOUGHT ABOUT:

- which language
- your child cries in?
- your child laughs in?
- your child hears you in?
- your child wants to be comforted in?
- your child finds it easiest to ask for help in?