

What is Social Emotional Learning & Development?

- Enjoying healthy relationships with caregivers
- Self-esteem
- Expressing and recognizing feelings
- Developing empathy
- Developing coping skills to handle strong emotions

Why is it important?

Research shows that children with stronger social emotional skills are happier, healthier, and do better in school and in life.

What can you do to help?

From the moment they are born, children rely on parents and caregivers to build a foundation of **Safety & Security, Trust & Consistency, and Positive Interactions.**

Remember that just like any other area of learning, social emotional skills take practice! Be patient with yourself and your child.



Visit our Website



Tips for Building Social Emotional Skills



Recognize and Name Feelings

Use words to describe what your child is doing and provide the name of the emotion. "I see your tears. You must be feeling sad!" You can also describe how you are feeling. "I'm feeling really frustrated by this traffic!"



Help Your Child Handle Strong Emotions:

Teach your child strategies to manage strong emotions. Model using these yourself.

- Take deep breaths.
- Go for a walk.
- Share a hug.
- Listen to music.



Develop Empathy

Talk about why someone might be feeling the way they do, and how you can tell. "I think he might be feeling shy. See how he is hiding? Do you ever feel shy?"



Establish Consistent Routines

Through consistent and predictable routines, children learn what to expect from you and what is expected of them. Establishing a basic schedule can help everyone do their best!