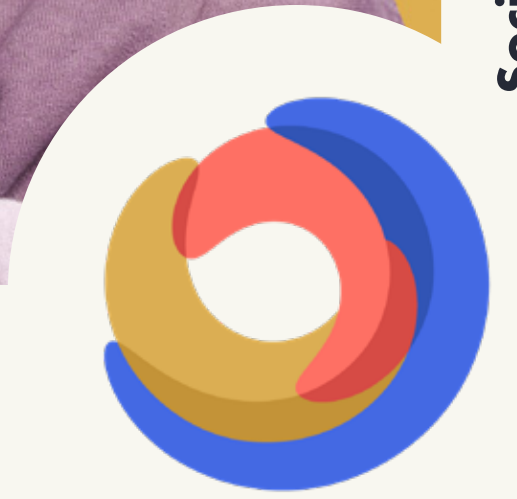


Helping Children Develop Social and Emotional Health



Social and emotional health plays a huge role in development and learning. As early childhood professionals, you are in a unique and important position to promote children's social and emotional health. **Here are two ways you can create an environment for healthy social-emotional growth.**

1.

Establish a trustworthy relationship by showing children you respect and care for them.

Give them your undivided attention.

Acknowledge their feelings.

Try to spend one-on-one time with each child when you can.

2.

Intentionally teach social and emotional skills.

Use books to identify different emotions and how to handle hard situations. Then, plan activities to reflect on what they have learned from different books.

Coach on the spot. Children are going to be put in situations where their emotional and social skills are put to the test. Help them realize what they are doing and how it impacts others. Encourage them to take the positive route.

Give praise when children show positive behaviors. When you are giving praise, be as specific as possible so they and their peers recognize what is being called out.

Be a good model!
Children learn by observing others.