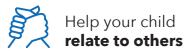
# Social and Emotional Health and Development

FOR **CHILDREN AGES 0-3** 



and ability to learn and succeed in their school years and beyond.

Learning social and emotional health skills will:





Let them build strong friendships



# HERE ARE 10 WAYS to support 0 - 3 social & emotional development in your child.



### **Cuddle and rock** your child.

Creates a close physical bond and helps them learn trust.



#### Calm them when upset.

Offer a hug or a soothing object, like a favorite blanket, to help them learn calming methods.



# Listen and respond to your child.

Helps them learn to communicate with others.



#### Be warm and responsive.

Shows them how to be kind and a good friend.



#### Help express emotions through words.

Gives them a way to express frustration besides crying, screaming or hitting.



#### **Encourage asking** for help.

Lets them know they can turn to you when they're scared or unsure.



#### Model good behavior.

Help them learn to work through conflict by showing how it's done



#### Give them some responsibility.

Assign chores like putting away dirty clothes to build independence and confidence.



#### **Encourage** natural curiosity.

Let them explore. Introduce them to new thinas.



# Allow them to complete tasks on their own.

If they struggle, give encouragement and offer suggestions.





Great strides begin with small steps.



For more information, go to www.michigan.gov/mikidsmatter