

HOW TO SUPPORT

Social and Emotional Health and Development

FOR CHILDREN AGES 0-3

Social and emotional development impacts your child's health, happiness and ability to learn and succeed in their school years and beyond.

Learning social and emotional health skills will:



Help your child **relate to others**



Let them build **strong friendships**



Teach them to **be self-confident**

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

1

Cuddle and rock your child.

Creates a close physical bond and helps them learn trust.

2

Listen and respond to your child.

Helps them learn to communicate with others.

3

Be warm and responsive.

Shows them how to be kind and a good friend.

4

Help express emotions through words.

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

5

Encourage asking for help.

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

6

Calm them when upset.

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

7

Model good behavior.

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

8

Give them some responsibility.

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

9

Encourage natural curiosity.

Let them explore. Introduce them to new things.

10

Allow them to complete tasks on their own.

If they struggle, give encouragement and offer suggestions.



Steps

Great strides begin with small steps.

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