

Social and Emotional Health

For Families with Children Birth to Age 8



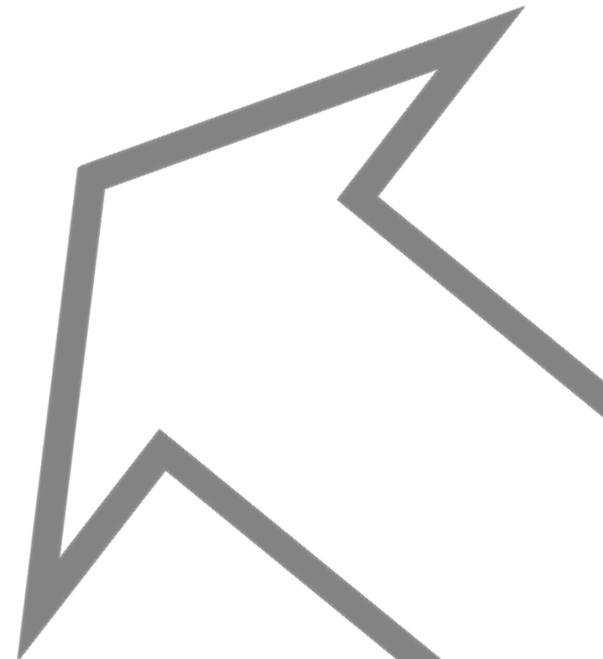
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the Michigan Great Start Systems Team



Our Objectives

Learn what Social and Emotional Health Is

Identify Simple Strategies to Support the Social and Emotional Health of Children Birth up to Age 8



What Skills Do Children Need to Succeed?



When Can We Start?



Social Health

Trust Show Kindness

Enjoy Others

Make and Keep Friends

Form Relationships

Seek Out Connections



Emotional Health

Express Emotions

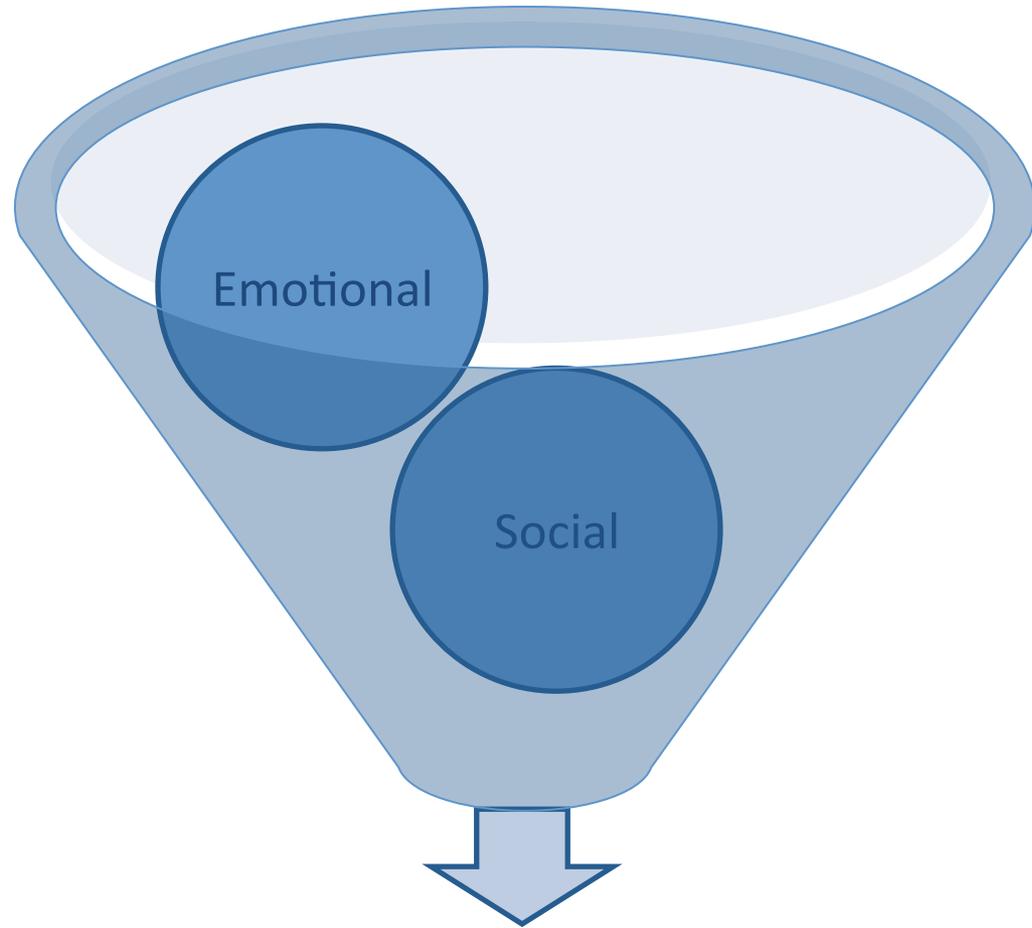
Manage Strong Feelings

Turn to Caregivers When Unsure

Calm Down Safely

Work Through Conflicts





Explore and Learn!



Ready to Learn

Children do well in school if they can:

- Get along with others
- Make friends
- Share and take turns
- Care about how other people feel
- Communicate feelings
- Calm themselves when upset
- Ask for what they need



Reflection

Do You Want Your Child To:

- ▶ Like school and be eager to learn?
- ▶ Have self-confidence?
- ▶ Form and keep healthy relationships?
- ▶ Bounce back from life's disappointments?





Is My Child Ready to Learn?



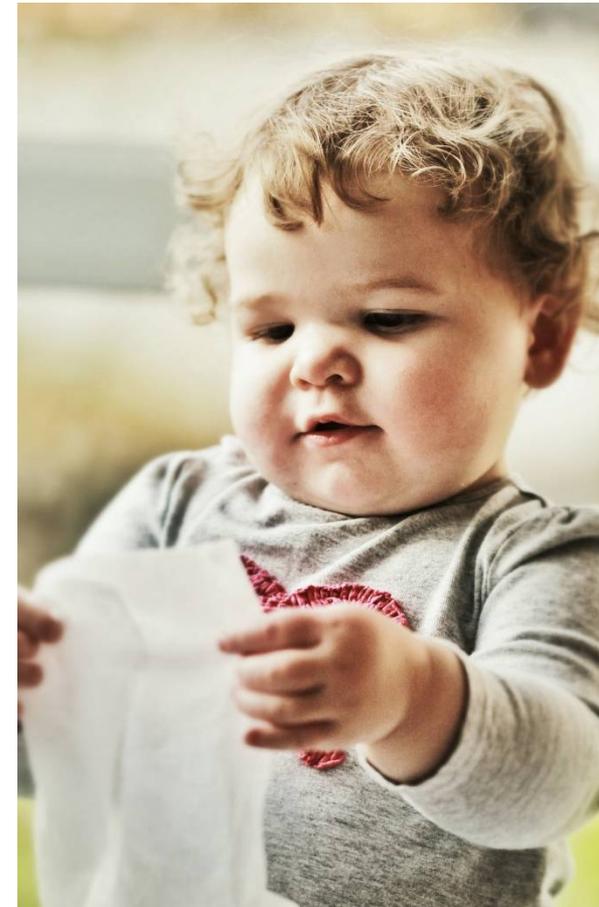
Young Infants (birth to 12 months)

- Cry, coo and smile
- Look at faces
- Accept comfort from a familiar adult
- Seek comfort
- Show excitement
- Show curiosity about other people



Older Infants (12 months to 18 months)

- Explore with enthusiasm
- Are curious about other people
- Laugh out loud
- Enjoy books, songs and simple games
- Express many feelings (sad, happy, scared, angry, etc.)



Toddlers (18 months to 3 years)



- Show shyness in unfamiliar places
- Smile and laugh
- Enjoy simple books and games
- Are playful with others



Preschoolers (Age 3-5)

- Begin to show feelings for others
- Express many feelings (sad, happy, scared, angry, etc.)
- Listen to gentle reminders
- Accept changes in routines
- Try new things
- Show curiosity about people and things
- Make up imaginary games and may enjoy imaginary play with others
- Ask many questions: who, what, where, when, why, how?



School Age (5 up to Age 8)

- Begin to work independently
- Start to see the point-of-view of others
- Show respect and kindness to others
- Develop and keep friendships
- Think through their actions
- Talk through problems to solve them
- Enjoy challenges
- Focus attention and take the time needed to complete tasks



What Can I do To Grow Children Social and Emotional Skills?



Birth to Age 5 Strategies

1. Gently hold and cuddle your child often.
2. Respond to your child's efforts to communicate with you.
3. Enrich your child's daily routines.
4. Follow your child's lead. Join her in one-on-one play and talk with her about her activities whenever possible.
5. Gently guide your child through social situations.
6. Be sure your expectations match what your child is socially and emotionally ready to do.





Age 5-8 Strategies

1. Be consistent.
2. Be open and honest with your child.
3. Model the words and actions you want to see in your child.
4. Get involved.
5. Let your child make mistakes.
6. Show affection.
7. Encourage responsibility and independence.
8. Help your child speak up for herself.



All Ages!

1. Celebrate your child's strengths.
2. When your child "acts up," try to uncover the real reason for her behavior.
3. Do not let your child witness family violence. Do not let anyone physically abuse or hurt your child with words.
4. Take care of your own social-emotional health.



Positive Guidance

Infants



Safety

Toddlers and Preschoolers



Limits, Consistency

School-Aged Children



Problem-Solving

**Social and Emotional Skills Take
Practice!**

Taking Care of Your Children Means Taking Care of....



Thank You for Attending Social and Emotional Health

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