



Social and
Emotional
Development



DOES YOUR CHILD:

Child's Name _____

Call or reach out for help when he or she is upset?

☐

Often

☐

Sometimes

☐

Not Yet

Use new ways of showing his/her feelings? (e.g. using words, stomping feet)

☐

Often

☐

Sometimes

☐

Not Yet

Prefer certain objects, people, or activities?

☐

Often

☐

Sometimes

☐

Not Yet

Play near other children, looking at or noticing what they are doing?

☐

Often

☐

Sometimes

☐

Not Yet

Clip and return to school.



Clip and Save.

Prepare your child

Whenever possible, prepare your child for what is coming in a calming way. Let them know when it's a few minutes before dinner, bed, or time to go somewhere using a positive or neutral tone of voice. Preparing your child gives them a sense of security. Even if they don't like something that is coming next they won't be surprised or anxious and will learn that you are helping them through the day, including the parts that are hard.

Notice what your child's behavior tells you about their feelings

Your child may be showing you what they feel in ways that you find difficult. Young children don't always know how to handle strong emotions and talking about feelings can be difficult. Talk about how your child is feeling and help them to calm. When the strong feelings are a result of a limit you have set, reassure them while still keeping the limit (e.g. "I see that you are really sad because you can't have _____. I know that's hard, but you can _____ instead."). Model ways that your child can express these strong emotions (e.g. "You can stomp your foot and say 'I'm mad!'" or you can show them ways to calm down (e.g. "Let's sit and read a book so you can calm down.").

Provide your child with opportunities to see children interacting.

Point out when you see children playing together. This might be at family events, the park, the library, or at school. Talk about times that children are working together or having fun. If conflicts arise, you can talk about what children are feeling or how they might solve the problem. You can also read books about children and how they work together or solve conflicts.



Connecticut Office
of Early Childhood