



Pyramid Pages

News & Tools for Parents & Early Childhood Providers

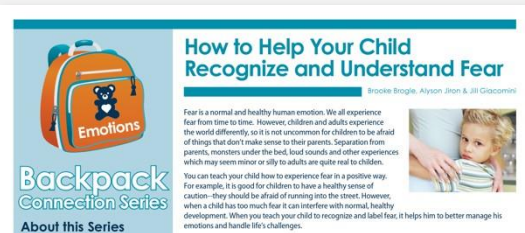
Social-emotional learning and development is fundamental to children's success in school and beyond, and its importance is understood now more than ever. The Pyramid Model promotes young children's healthy social and emotional development; and provides tools, strategies, and resources for caregivers and families.

Topic: FEAR

News

Fear is a normal and healthy human emotion. We all experience fear from time to time. However, children and adults experience the world differently.

Separation from parents, monsters under the bed, loud sounds, and other experiences which may seem minor or silly to adults are quite real to children.



Click to Read:

[Emotions – How to Help Your Child Recognize and Understand Fear](#)

Tools

You can teach your child how to experience fear in a positive way. For example, it is good for children to have a healthy sense of caution—they should be afraid of running into the street.

However, when a child has too much fear it can interfere with normal, healthy development. Teaching children to recognize and label fear helps them better manage their emotions and handle life's challenges.



Click to find: [Feeling Faces Playdough Mats](#)

Resources

- Teach About Emotions **video:** [Teach About Emotions](#)
- **Tips** for tots from ECCP: [Supporting Young Children Through Grief](#)
- A **book supplement:** [Glad Monster, Sad Monster](#) and **read aloud:** [Book Read Aloud Video](#)
- **For more information,** email us at CTPyramid@gmail.com.