



VDOE Region 4 Training and Technical Assistance Center George Mason University

Resources to Support Your Child's Social and Emotional Development at Home

What is Social and Emotional Development?

Social and Emotional Development describes the range of skills that young children learn that help them relate to themselves and others. These skills include: expressing and regulating feelings, considering how others feel, and solving problems with greater independence. For more information, see [Virginia's Early Learning and Development Standards, Birth-Five Learning Guidelines](#) (ELDS) which outline typical child development from birth to five years of age. Use this document to understand what skills are appropriate for your child and to see what s/he might develop next.

Why is it Important?

Caring, supportive relationships with families and caregivers provide a safe environment for children to practice new skills. When you are attuned to your child's emotional needs and support them intentionally, it sets them up for successful relationships for years to come. As your child becomes more independent at solving problems and expressing their feelings, you may find that daily routines become smoother.

How Can I Help?

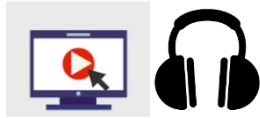
The resources below provide strategies that you can try at home to support your child. Children with disabilities and their families may benefit from more frequent and/or more explicit focus on these skills. If you need help selecting a strategy, consult with your child's teacher or provider. After exploring the resources and choosing one strategy to try at home, be consistent and implement the strategy for at least two weeks.

How to Use These Resources

This resource menu is intended for self-guided exploration. Resources in the **WATCH & LISTEN** column provide introductory information about the topic. In the **READ & TRY** column, you will find printable resources, planning forms, and tools that help put strategies into practice. You may review resources from either column in any order.

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WATCH & LISTEN



Recognize and Describe Emotions: This short, 5-minute video from Sesame Street models how caregivers can talk with children about their emotions, label children's emotions, and support their big feelings with strategies that are simple to implement at home.

Behavior Has Meaning: This 4-minute video from the Early Childhood Learning & Knowledge Center (ECLKC) outlines how young children communicate through their behaviors and invites adults to get curious about children's needs.

Helping Your Kid with Activity Transitions: Sometimes it's difficult to help your child transition from one activity to the next. This 18-minute video from the Meadows Center for Preventing Educational Risk (MCPER) provides several suggestions, such as using a schedule, giving choices, and being consistent. Make transitions fun!



READ & TRY



Supporting Positive Behaviors in Young Children: This brief handout from the Parent Educational Advocacy Training Center (PEATC) answers the question, "How do I improve my child's behavior at home and in school?" It describes Positive Behavioral Intervention and Supports (PBIS) which is an approach to resolving challenging behaviors that recognizes that behavior is communication. It provides specific strategies to understand what the behavior is communicating and how to address it.

Materials to Promote Knowledge of Social-Emotional Health in Children 0-5: The Early Childhood Mental Health Consultation website page provides support for families on mental health from adults to infants. In particular, parents may be interested in "[Everyday Ideas for Increasing Young Children's Social Emotional Development,](#)" which provides strategies organized by the type of skill:

- [Emotions](#)
- [Friendship](#)
- [Problem Solving](#)
- [Disappointment/Different Emotions](#)

Challenging Behavior Tips for Families - Young children need help from adults to learn how they are expected to behave in social situations. Check out these helpful tips for how families can promote their child's positive behavior during common routines that can sometimes be challenging. Topics include:

- Leaving the House
- Cleaning Up Toys
- Changing Activities or Making Transitions
- Riding the Bus
- Following Directions
- Riding in the Car
- At the Grocery Store

National Center for Pyramid Model Innovations' Family Engagement Page: About halfway down on this page, the section "Teaching Social-Emotional Skills at Home" provides resources that can be categorized into four types: behavior regulation, friendship skills, emotional literacy, and problem-solving skills. Each category then has tip sheets, printable posters, and scripted stories to help families support social and emotional development in the home. Additionally, families might be additionally interested in the "Family Handout Collections," which has a section called "Making Life Easier" that addresses some times of day and routines that can generally be challenging for all families. Take time to explore this page based on the needs of your child!