



HORIZONS

PLAYSPACE

**Supporting Your Children's Social &
Emotional Development
PAL Training**

What is social and emotional learning?

- The way people understand and manage emotions
- Help people build & maintain relationships
- Key to success in school, work and life
- Emotional health is as important as physical health



What do social and emotional skills help children do?

- Make friends and keep friendships
- Develop confidence
- Solve conflicts
- Cope with stress and anxiety
- Learn social skills
- Make good choices
- Resist negative social pressure
- Understand the way others are feeling



How to support social emotional development

- Support children so they can develop positive relationships with others
- Children learn by following their caregiver's lead
- Caregivers can support this by:
 - Being responsive
 - Providing an environment to grow and learn
- Be patient it takes a lot of



0-12 Months

- Develops facial expressions
- Will cry to communicate
- Eye contact
- Aware of their surroundings
- Expresses a desire to engage
- Stranger anxiety
- Point to things for a reason
- Seeks attention
- Enjoys imitation play
- Shows affection and emotions
- Plays independently for brief periods of time



12-3 years

- Becomes increasingly independent
- Defiant behavior
- Enjoys other children
- Cannot share
- Imitates tasks they observe
- Shows kindness towards friends
- Expresses different feelings
- Likes the consistency of routines



3-6 years

- Cooperates during play
- Communicate their wants and needs
- Becomes more independent in daily tasks and needs
- Develops friendships
- Understands others feelings
- Begins to understand rules
- Understands real vs. make-believe



How long does it take to develop social emotional skills

- Lifelong process and takes time
- Early experiences with people greatly impact social emotional development
- Experiences can include overcoming difficult situations

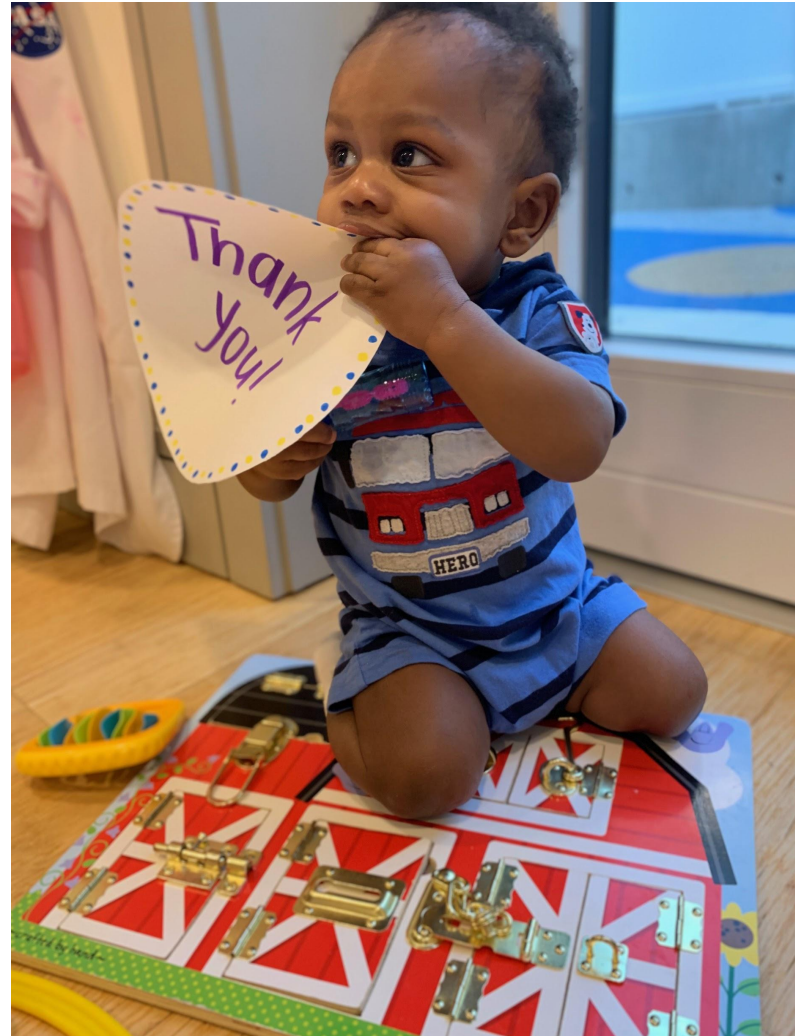


Ways to work on Social-Emotional Skills

- Label and acknowledge emotions
- Ask the child questions
- Be responsive to feelings and behaviors
- Encourage kids to try new things, give praise for effort
- Use books and stories to talk together about feelings
- Play games to teach kids how to take turns, win, lose and share







Thank you for joining us today!