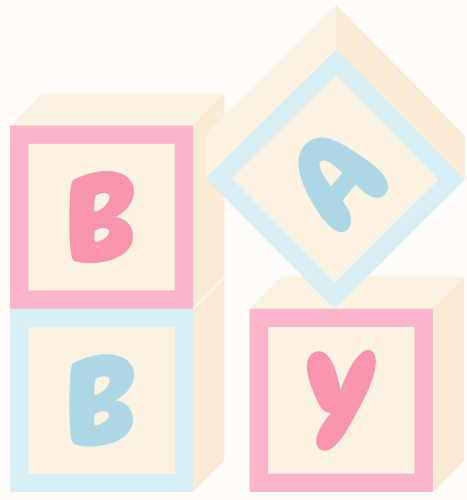


HELP ME GROW LEARNING CIRCLE

SOCIAL-EMOTIONAL DEVELOPMENT



WHAT IS SOCIAL-EMOTIONAL DEVELOPMENT

The process of your child learning how to understand their own feelings, get along with others, and handle the ups and downs of life. It is often described as a set of "life skills" that provide the foundation for your child's mental health and future success.

WHAT IT LOOKS LIKE

Strengthening social-emotional development involves simple, repetitive acts of connection and play that help children manage feelings and build relationships.

WHY IT MATTERS

Social-emotional development is critical as it serves a child's success, directly impacting their ability to learn, build relationships, and maintain lifelong mental health.

WAYS TO STRENGTHEN SOCIAL-EMOTIONAL DEVELOPMENT

- **Understanding Feelings (Self-Awareness)**
 - This is your child's ability to notice and name what they are feeling
- **Managing Feelings (Self-Management)**
 - This is how your child handles their emotions and behaviors, especially when they are stressed or upset.
- **Caring About Others (Social Awareness)**
 - This is the beginning of empathy—learning to imagine how someone else might be feeling.
- **Getting Along with People (Relationship Skills)**
 - These are the skills needed to make friends, play fairly, and solve problems together.
- **Making Good Choices (Responsible Decision-Making)**
 - As children grow, they learn how to make safe, respectful, and helpful choices.



DEVELOPMENTAL SCREENINGS

The Ages & Stages Questionnaires (ASQ) is considered a "gold standard" tool because it relies on the person who knows the child best: you! It typically takes only 10–15 minutes to complete. It lists specific things your child can do, helping you recognize and celebrate their progress. See where your child is at developmentally by scanning the QR code.



HELP ME GROW LEARNING CIRCLE

SOCIAL-EMOTIONAL DEVELOPMENT

ACTIVITIES TO STRENGTHEN SOCIAL-EMOTIONAL DEVELOPMENT



Infants (Birth to 1 Year): Building Trust

- **Mirroring:** Make gentle eye contact and repeat your baby's facial expressions and sounds to help them feel understood and connected.
- **Attunement Play:** Games like Peek-a-Boo foster emotional connection through back-and-forth interaction.
- **Nurturing Touch:** Gentle massages with lotion promote relaxation and healthy brain development.

ACTIVITIES TO STRENGTHEN SOCIAL-EMOTIONAL DEVELOPMENT

Toddlers (1 to 3 Years): Naming Feelings

- **Emotion Charades:** Act out "happy," "sad," or "scared" faces and have your child guess. This helps them recognize emotional cues in others.
- **Puppet Shows:** Use puppets to act out common frustrations, like sharing a toy, to help them practice social interactions safely.
- **Choice-Making:** Ask, "Do you want the red cup or the blue cup?" to build independence and self-advocacy.



ACTIVITIES TO STRENGTHEN SOCIAL-EMOTIONAL DEVELOPMENT

Preschoolers (3 to 5 Years): Self-Regulation & Empathy

- **Calming Visuals:** Teach breathing techniques like "Breathe in the Flower, Blow out the Candle" (inhaling deeply as if smelling a rose and exhaling to "blow out" a candle).
- **Gratitude Journals:** Have your child draw or write one thing they are thankful for each day to foster a positive outlook.
- **Cooperative Games:** Play games like Simon Says or Red Light, Green Light to practice listening, following rules, and managing impulses.
- **"Sportscasting":** Describe what you see your child doing (e.g., "I see you're working hard on that tower") to show them you are present and value their effort.



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