

HOW TO SUPPORT

# Social and Emotional Health and Development

FOR CHILDREN AGES 0-3

**Social and emotional development** impacts your child’s health, happiness and ability to learn and succeed in their school years and beyond.

**Learning social and emotional health skills will:**



Help your child **relate to others**



Let them build **strong friendships**



Teach them to **be self-confident**

## HERE ARE 10 WAYS to support 0 - 3 social & emotional development in your child.

1

**Cuddle and rock your child.**  
Creates a close physical bond and helps them learn trust.

2

**Listen and respond to your child.**  
Helps them learn to communicate with others.

3

**Be warm and responsive.**  
Shows them how to be kind and a good friend.

4

**Help express emotions through words.**  
Gives them a way to express frustration besides crying, screaming or hitting.

5

**Encourage asking for help.**  
Lets them know they can turn to you when they're scared or unsure.

6

**Calm them when upset.**  
Offer a hug or a soothing object, like a favorite blanket, to help them learn calming methods.

7

**Model good behavior.**  
Help them learn to work through conflict by showing how it's done.

8

**Give them some responsibility.**  
Assign chores like putting away dirty clothes to build independence and confidence.

9

**Encourage natural curiosity.**  
Let them explore. Introduce them to new things.

10

**Allow them to complete tasks on their own.**  
If they struggle, give encouragement and offer suggestions.



# Steps

Great strides begin with small steps.

MICHIGAN  
Department of Education

For more information, go to [www.michigan.gov/mikidsmatter](http://www.michigan.gov/mikidsmatter)