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**

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