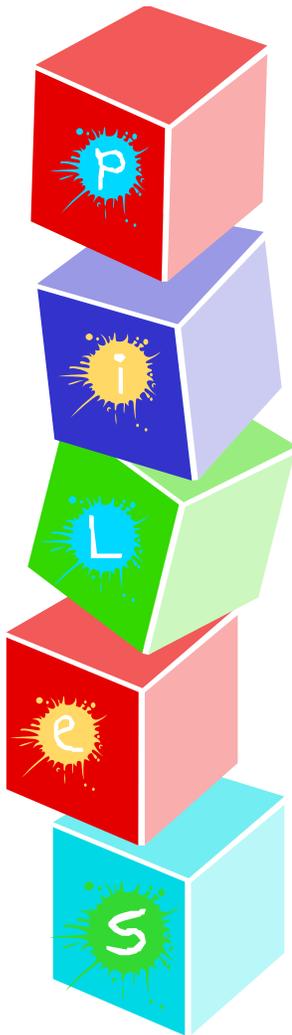


Some great books on Social and Emotional Development:

- *The Power of Guidance. Teaching Social-Emotional Skills in Early Childhood Classrooms*
By Dan Gatrell, 2004, Delmar Learning
- *Touchpoints Three to Six. Your Child's Emotional and Behavioral Development*
By T. Berry Brazelton, M.D. and Joshua D. Sparrow, M.D., 2001, Da Capo Press
- *I Love You Rituals*
By Becky A. Bailey, Ph.D, 2000, Harper Collins



What is Emotional Development?

Emotional Development is learning how to recognize feelings and then to self-regulate these feelings.

How you can help:

- Encourage your child to use words to express how he/ she is feeling.
"I am angry" "I am sad" "I am happy" "I am frustrated"
- Display pictures of faces with different expressions and label these for your child:
"He is sad" "She is scared"
- Have a mirror available for children to look into. Encourage children to look at themselves, especially if they are expressing emotions. Say, "This is what you look like when you are happy"
- Don't get angry when your child is angry/ misbehaved/ having a tantrum. Try to separate the child from the behavior, and your response will be calmer. This makes children feel safer to express their emotions, as well as learn how to regulate these emotions.
- Children who are not allowed to express emotions, will, learn to stuff them away. However, they will develop negative behaviors around those stuffed emotions.
- Allow your child to spend time away from you. Teaching children to safely separate from you helps them to become more independent and self-confident.

What is Social Development?

Emotional Development is learning how to interact successfully with the other people in the world.

How you can help:

- Turn off the TV and encourage your child to play. Play is the work of children. Here they learn the skills needed to function in the world. Even playing alone teaches children social skills.
- Children use adults as their model for how to behave towards others. If you model positive, calm interactions, your child will learn that. If the home environment is loud and chaotic, your child's responses will be too. In other words, walk your talk!
- Have age-appropriate expectations for social skills. Toddlers cannot share, so don't make them. Three-year olds can share and take turns, so give them lots of practice.
- Children do not know the rules of social interactions. Teach them these at home. Good manners, please, thank-you, coping with rejection, and good communication skills help children make and keep friends, interact with adults well, and feel comfortable in various social situations.