

## Fostering Social-Emotional Development



*"We are mirrors for a baby that tell him who he is. We are also windows that tell him what he can expect" ~ Jeree Pawl*

Young children's social-emotional development begins to develop at birth in the context of relationships with others. How a child is held, smiled at, talked to, responded to, and loved will affect how they view themselves and the people and world around them. Through daily interactions within early relationships, children learn to navigate their emotions and regulate their stress response.

At this young age of development, one way to encourage social-emotional development is to talk about emotions. Your child looks at you to learn about emotions and how to handle them, like how a child thinks and feels about themselves and treats themselves can reflect what they are learning about their own emotions. As an adult, you can help your child navigate through all their emotions, both big and small. A child needs help understanding what emotions mean and how to handle them. It is essential to start early, to understand how children feel and what they need. As an adult, we can encourage them to develop good feelings about themselves and others.

### Activities to support social-emotional development

- ❖ Sit down and enjoy a book with your child. Explore the pictures together. Describe the emotions you see and imitate the emotions with your child.
  - "The Way I Feel" Author Janan Cain
  - "Today I Feel Silly & Other Moods That Make My Day" Actor, Jamie Lee Curtis
  - "The Color Monster: A Story About Emotions" Author Anna Llenas
  - "Making Faces: A First Book of Emotions" Author Abrams Appleseed
- ❖ Children will need assistance with learning the language necessary to label and identify the emotions they are feeling. By giving your child the voice to help them describe how they feel, you encourage them to express themselves productively.
  - Having a visual reference of emotions your child may be feeling. Free Printable [Feelings Chart](#)
  - Identifying and labeling body language and nonverbal cues can help your child make meaning for what they are expressing.
- ❖ Using art to learn and express your emotions.
  - Decorate your seasonal pumpkins with a variety of emotions while you're having fun!
  - Make stress balls out of balloons and sand. Decorate the stress balls with a variety of emotions your child may be feeling. This activity will also encourage appropriate coping methods during frustrating moments.

### ***Stages of Social-Emotional Development***

**from Zero to Three Early Connections last a lifetime**

[Birth to 12 Months: Social-Emotional Development](#)

[12–24 Months: Social-Emotional Development](#)

[24–36 Months: Social-Emotional Development](#)

<https://www.zerotothree.org/resources/294-first-feelings-the-foundation-of-healthy-development-starting-from-birth>

<https://www.partnershipforchildren.org.uk/uploads/Files/PDFs/Resilience%20Activities/Feelings%20Activities.pdf>

<https://pfrprogram.org/resources/>