

SOCIAL EMOTIONAL DEVELOPMENT

healthy
AND READY TO
learn



It is normal for children to have big emotions. Here are some ways that you can help your child be ready to manage their challenging feelings.

Breathe

Ask your child to close their eyes and breathe through their nose, imagining they are smelling flowers. Follow by asking them to exhale as if they are blowing out birthday candles.



Sleep

Make sure that you and your child are getting enough sleep. Talk to your pediatrician about how much is enough. Try to follow a bedtime routine, and start early.



Use Kind Words

Help your child build good self esteem. Make a daily habits of saying positive words to them. Try doing this for yourself, too!



Stretch

Encourage your child to move their body. Stretching together is great for both of you!

