

Help your child to relate well to others and to care about the environment.



Your community is a partner in learning.

Many of your local institutions are open to the public, are free, or have family friendly admission-free hours. Look for and enjoy:

- Neighborhood playgrounds
- Walking/biking trails
- Community gardens
- Farmers' markets
- Local parks
- Museums
- Libraries
- Religious institutions



This **Social Emotional Health** learning guide has been created for families and caregivers of preschool-aged children. Please look for more information on this topic and Oral Language and Literacy, STEM, Approaches to Learning, and Physical Health and Well-Being on the EEC website: www.mass.gov/edu/birth-grade-12/early-education-and-care/curriculum-and-learning/.



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Images courtesy of Claudia McNeil, the EEC, Susan Etheredge, and Cathy Topal

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Engage!



Develop social and emotional well-being through caring relationships.

Engage your child...

Healthy development depends on the quality and reliability of a young child's relationships with the important people in his or her life, both within and outside the family. Even the development of a child's brain architecture depends on the establishment of these relationships.

National Scientific Council on the Developing Child

http://developingchild.harvard.edu/resources/ reports_and_working_papers/working_papers/wp1/

Daily opportunities for social emotional engagement

Exploring Emotions

Why does this character make you smile?





Seeing Another's Point of View

That pig needs to be brave and tell the wolf how he feels.

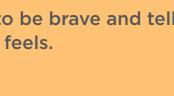


Being Together



You two girls can figure it out.







Resolving Conflict

Tell me what the problem is.



I'm glad to see you playing happily again.



Organizing the Environment

Putting things back where they belong makes us feel calm.



Listening Carefully

Now I understand what you mean.



Sharing Neway is asking to use the green envelope.

Helping

Thank you for working together to arrange the chairs.