



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



Check with your library, doctor's office, school, or community center for more information about free local events and organizations.

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/.



MASSACHUSETTS
Department of
Early Education and Care

Sherri Killins, Ed.D., Commissioner

Prepared by Davis Publications, Worcester, MA



Early Education Consultants:

Susan Etheredge, Ed.D., Professor and Chair of Education and Child Study, Smith College, Northampton, MA

Cathy Weisman Topal, M.A.T. Visual Studies, Lecturer and Studio Art Teacher, Smith College, Northampton, MA

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

© 2012 Massachusetts Department of Early Education and Care

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

Let's see what else we collected.



Negotiating

You two girls can figure it out.



I'm glad to see you playing happily again.

Resolving Conflict

Tell me what the problem is.



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.



Organizing the Environment

Putting things back where they belong makes us feel calm.