



Top Tips for Helping Your Child's Social-Emotional Development

Provide your child with responsive care by:

1. Labelling emotions: yours, mine, and everybody's
2. Building your child's emotional vocabulary
3. Staying calm when your child is overwhelmed
4. Modeling good coping
5. Teaching your child how to calm down
6. Bringing attention to good coping that you see your child doing
7. Keeping your routine predictable
8. Checking in to prevent emotional overflow
9. Promoting your child's problem-solving

