

Early Years:

Supporting children's Emotional and Social Development.

Potential Learning

- Promoting and encouraging children's friendly behaviours is a powerful way to strengthen children's social skills
- Describing children's feelings encourages emotional language and enables children to better regulate their own emotions
- Using and hearing positive and polite language

What you do:

- Spend some one to one time with your child, using combined social and emotional language
- Name your child's feelings when they are experiencing an emotion, e.g. calm, patient, happy, excited, proud, frustrated, curious, embarrassed angry, sad or disappointed
- Support them by modelling appropriate social behaviours by saying thank you and praising their efforts when they do something nice.
- Tell them you are proud of them.

More ideas:

- When taking turns or waiting for something, acknowledge their good behaviour and patience while waiting.
- Speak to your children in a way you would like to be spoken to
- Model appropriate words when asking for something e.g. saying please and thank you
- During fantasy play, promote emotional understanding
- Try and spend 10/15 minutes special time every day with your child and practice social and emotional coaching during this time
- Model sharing of thoughts and feelings, e.g. "I am proud of you for solving that problem", "I love how you tidied away your toys".