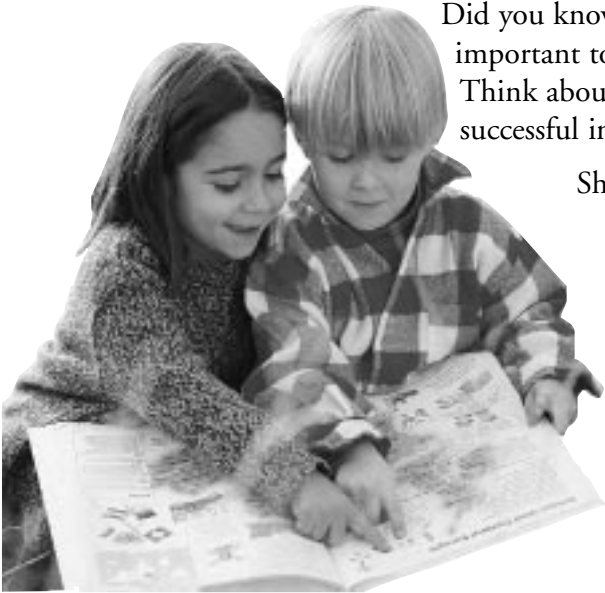


## Social-Emotional Development: Important to school readiness



Did you know that social-emotional development is just as important to school readiness as knowing your ABC's and 123's? Think about all the social skills your child will need to be successful in a classroom.

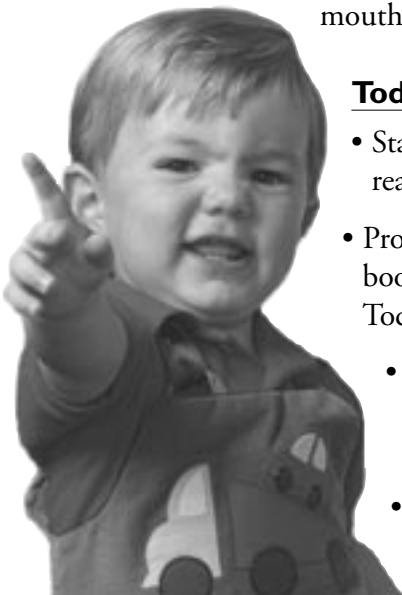
She will need to:

- greet people she doesn't know
- share with peers
- talk with peers and adults
- listen to and follow directions
- independently take care of tasks such as toileting, shoe tying, putting on a jacket
- have self-control in a large group
- be able to stay on task until finished
- be able to tell another adult what she wants or needs
- make decisions for herself

All these are skills we begin to develop at birth. Below are ideas on preparing your young child for school with healthy social-emotional development.

### **Infants:**

- Talk to your baby as you hug, bathe, dress, and feed him. This lets him know you enjoy and love him.
- Respond to your baby's cries. He is letting you know he has a need. As you respond to his cries, you begin lifetime bonds of trust and security.
- Watch to see what interests your baby. Share that book or toy with him. Watch him delight in sharing with you.
- Make faces at your baby such as sticking out your tongue or making an "O" with your mouth. Watch him imitate you.



### **Toddlers:**

- Stay calm when your toddler seems out of control. Toddlers need reassurance from adults as they experience intense emotions.
- Provide opportunities for your toddler to make choices, such as which book to read or whether to have peanut butter or cheese for lunch. Toddlers need practice in making decisions.
- Allow them to help around the house. They are developing a desire to be helpful, as well as an intense desire to imitate us. Watch as they glow in their accomplishments.
- Your toddler will often use "NO." Do not be alarmed. This is an important part of developing a sense of self. Remember to choose your battles carefully.