

SUPPORTING YOUR CHILD'S SOCIAL AND EMOTIONAL GROWTH

DAILY CHECK-IN IDEAS

- Morning: "How are you feeling today?"
- Mealtime: Share "rose and thorn" moments
- Bedtime: Reflect on the day's emotions

TURN EVERYDAY MOMENTS INTO LEARNING

- Grocery shopping: Practice decision-making
- Cooking together: Build cooperation skills
- Chores: Develop responsibility

BUILD EMOTIONAL AWARENESS

- Name feelings you see in books and shows
- Create a family feelings word wall
- Play emotions charades
- Use "I feel..." statements

PROBLEM-SOLVING STEPS

- Name the problem
- Think of possible solutions
- Consider what might happen
- Try your best idea
- Talk about how it worked

CELEBRATE GROWTH

- Notice when your child uses new skills
- Share specific praise ("I noticed how you...")
- Create family celebrations for personal wins
- Show that everyone is always learning

CULTURAL CONNECTIONS

- Share family stories and traditions
- Use your home language(s) to discuss feelings
- Include cultural celebrations in learning
- Connect your values to social skills