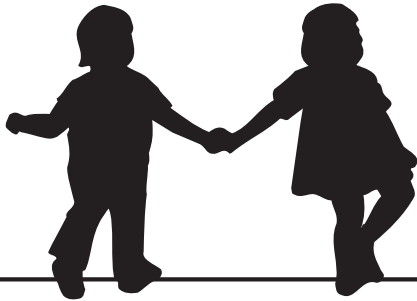


2

Social and Emotional Development



Being social is such a big part of who we are as people. Children should learn to join in and get along with others while feeling confident about who they are as well as their place in the community. Children learn first by watching their parents and then their friends.

When your child shares positive experiences and is accepted by others, your child is developing a strong foundation for school and for the future.



Books Your Child Will Enjoy

- Chrysanthemum by Kevin Henkes
 - On the Day You Were Born by Debra Frasier
 - Houses and Homes by Ann Morris
 - Alexander and the Horrible, Terrible, No Good, Very Bad Day by Judith Viorst
 - Abuela* by Arthur Dorros
- *recommended for grandparents

Rhode Island Early Learning Standards

2

Your Child's Sense of Self

Children benefit from experiences that give them a better sense of themselves as unique and important individuals.

- **Share** songs and stories that you heard when you were a child
- **Tell** your child stories about your own childhood
- **Share** stories about what your child was like as a baby
- **Praise** your child often! Say things like: "Good job getting dressed by yourself this morning."

Choices

Provide opportunities for your child to make choices from several different options. For example: "Which book should we read? Do you want to eat an apple or an orange?" Each time you follow through with that choice, your child feels like an important member of the family.



apple

OR



orange

Rhode Island Early Learning Standards

Social and Emotional Development 2.1

RI* Family Favorite

CREATE A COLLAGE OF FAMILY & FRIENDS



Gather different photos of family and friends that are important to your child. Tape them onto a large piece of paper or attach them to the refrigerator with tape or magnets. Tell stories about things that you and your child have done with these people.

DIFFERENT FACES



Help your child learn to recognize and name their own feelings and the feelings of others. Play a game of "making faces". Take turns asking each other to make different facial expressions. "Show me a happy face. Now make a sad face, then an angry face and a surprised face."

Have your child name the feeling by telling a short story. "Let's pretend you just lost your favorite toy. How would you feel? If you found your toy again, how would you feel?"

Ask your child to draw a face of someone feeling happy, sad, surprised and tired. Talk to your child about the reasons people feel these emotions and how you could help.

2

Developing a Sense of Responsibility

Think of ways that you can help your children become aware of their responsibilities with family and friends.

Encourage your child to help. This is how children learn cooperation. Choose a few responsibilities that your child can do successfully such as:

- Picking up their toys
- Selecting their own clothing
- Wiping off the table
- Taking out the garbage
- Helping to wash the car
- Picking up leaves in the yard
- Putting clean clothes away
- Feeding the pet



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RI* Family Favorite



✓ I CAN DO IT MYSELF

You may want to create a chart of things your children can do on a regular basis to take care of themselves and help a little around the house.

- Ask your child for some help in locating pictures in magazines that relate to the task
- Cut them out together and glue them onto a piece of paper
- Now ask your child to make a check mark each time they complete a task

They will feel proud of their accomplishment!

★ Use the back of this card to write a few ways your child can help at home... ➡

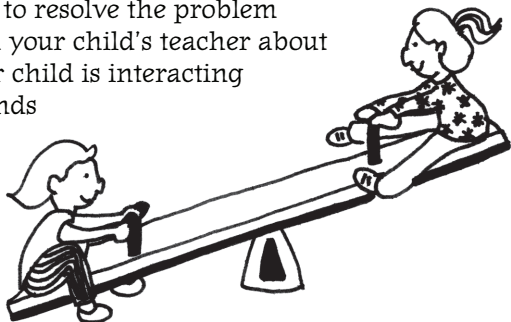
2

Family and Friends

Through interactions with family and friends, children learn to play, share and work together. They also learn to care for one another and resolve conflicts that may arise.

Making Friends

- Spend time at the playground so that your child can play with other children
- Invite one of your child's school or neighborhood friends to your house to play
- If your child and a friend can not decide what to do, help them by suggesting a few ideas
- Praise your child and their friends when you see them playing cooperatively
- If they are disagreeing, help them to think of solutions to resolve the problem
- Talk with your child's teacher about how your child is interacting with friends



Rhode Island Early Learning Standards

Family Time

Children enjoy spending time with their family.

- ✦ Create special traditions and memories that your child will always remember – Friday night pizza, fishing on Opening Day, game night, walks in the park, Sunday dinner, talking and reading before bedtime
- ✦ Have conversations at mealtimes. Family members can take turns sharing stories about their day.
- ✦ Spend time together each day talking and listening to your child's stories



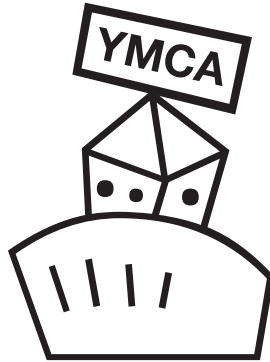
Let your child know that **they are an important member of the family.**

2

A Sense of Belonging

Your child is beginning to see themselves as a part of many different groups – family, school, neighborhood and recreational programs. This encourages your child to develop a sense of belonging to your community.

- **Send** notes and pictures to friends and family
- **Help** your child to understand that the differences in people are what make every person unique and special and that everyone is the same in many ways
- **Let** your child see you helping others in the neighborhood
- **Bring** a bag to the beach or park so that you and your child can pick up trash that people have left
- **Talk** about the places you visit in your neighborhood or community such as the library, hospital, post office and doctor's office and the roles of people in those places



Rhode Island Early Learning Standards

2

Our Family's Favorite

Use this card to write down ways your family enjoys spending time together...

FAMILY TIME

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