

Each week we'll share one or two strategies that will help ensure you know how to meet the social-emotional learning needs of your child while at home!

Please contact your classroom teacher if you have specific topics you'd like to see here.

### #2 HAVE 1 ON 1 TIME EVERY DAY

It might feel like your spending a lot of your day responding to your child's requests or needs. But if you think about it, a lot of your attention is taken up by other household needs, your work, or even other family members. Your child might not understand or have the language to tell you they need some undivided attention. Here are some rules to follow to meet that need:

- Quality over quantity: set aside just 10 minutes where you know you won't be splitting your attention
- Join in on whatever your child is doing! Let them be the boss and show you what to do or how to play.
- Try not to ask too many questions. Instead, make lots of comments about what they are doing. It might feel funny at first, but it will model language and make them feel seen!

# TIPS FOR SOCIAL - EMOTIONAL HEALTH

## #1 KEEP CONSISTENT ROUTINES

Routines are an important way to ensure that your child feels safe and secure in uncertain times. If you are able to have a conversation with your child about what is changing and why, you can do that and include them in the decision-making about what should be on the schedule. Pictures of what you will be doing can also help your child follow along.

A plan to follow exact times can be tricky and lead to frustration if you get off schedule. Consider making a checklist you can refer to when you're unsure of what to do next or a schedule that focuses on larger blocks of time. For the block schedule, list 2 or 3 things you could choose to do for fun or learning. This can help you explain to your child when they can expect to have access to items you may be keeping out of reach.



