



Setting the Stage

Promoting Social & Emotional Health in Young Children

Seven Key Strategies to Build Social & Emotional Health in a Young Children

1. Maintain a consistent schedule and routine
2. Help children learn how to label their feelings and those of others
3. Help children learn how to control themselves and model self-control
4. Teach children problem solving skills
5. Help children build their friendships and learn how to be good friends
6. Read books about recognizing feelings, empathizing with others, problem solving and acceptance
7. Reframe negative thoughts and feelings about problems with children

What Is Social & Emotional Health?

Social & emotional health is a child's developing capacity to:

- Experience and regulate emotions,
- Form close and secure relationships,
- Explore and learn from the environment

Why Is Social & Emotional Health Important?

Children who understand and cope well with emotions usually:

- Do better in school
- Form stronger relationships
- Have fewer behavior problems
- Handle their own negative emotions better
- Tend to lead happier, healthier and less stressful lives

Social & Emotional Health Skills for School Success:

Research indicates that children who have strong social & emotional skills are more likely to be successful in school, and graduate on-time. The key skills for academic success are:

- Confidence
- Capacity to develop good relationships with peers and adults
- Concentration and persistence on challenging tasks
- Ability to effectively communicate emotions
- Ability to listen to instructions and be attentive
- Ability to solve social problems

For more information about social and emotional success, including programs in your area, free Family Book Sheets and more, visit www.msue.msu.edu.