

What your child wants you to know about...

Social Emotional Readiness

Social Emotional readiness for school is as important as learning how to write your name and count to 10. When children are socially and emotionally ready for school, they are able to participate in a group activity, get along well with other children and adults, use words to communicate and initiate an activity on their own.

I was not born with social skills or ways to handle strong feelings. Social emotional skills are learned. I learn them from you! It began the first time you snuggled with me in your arms, soothed me and helped me feel safe and secure... over and over again.

You know just what to do! You know just what to do when I feel sad, when I feel tired, when I want to play and when I am hungry! I can trust you to help me feel good inside and take care of what I need. This teaches me that my feelings are OK and that I can trust other people to help me with what I need, even if it isn't exactly like you do it!

Once I know I am safe and secure, then I can begin to try out other relationships with other grownups and children. It took a long time to be able to let other people help me feel safe and secure because I like you the best! You are my most important teacher in helping me develop the social emotional skills I'll need to do well in school and in life in general.



- **At this time in my life I "feel" more than I "think".** My brain is not fully developed and I am just learning how to name what I feel and then put it into words.
- **Please remember that if my feelings seem intense to you they feel even more intense or "big" to me.**
- **I need you to help me with my feelings.** Help me learn to label my feelings. Help me figure out why I might be feeling the way that I do.
- **Sometimes my feelings are too big for me to handle so I need you to help me manage them.** Staying calm yourself and talking with me quietly or holding me until I can calm myself really helps me get control of myself and feel better.

- **I need you to play with me.** I need you to show me how to take turns and how to share with others instead of thinking I know how to do this on my own.
- **When I try something new or something that I am afraid of, let me know how proud you are of me.** I need to know that even if I don't do it right, you still love me and appreciate that I tried.