

Wondering About ...

Social & Emotional Development

Young children develop best when there is a healthy balance between all of the various areas - physical, intellectual, language, social, and emotional. Supporting their social and emotional health will in turn enhance their academic skills.

Heartland Equity and Inclusion Project (HEIP)

www.heartland.edu/heip

The Heartland Equity and Inclusion Project is designed to ensure early childhood professionals have the knowledge and skills required to support the diverse development and learning needs of young children and their families in high-quality, inclusive classroom communities. These resource pages provide a tool for teachers to use to support families faced with questions about early childhood.

Center on the Social Emotional Foundations for Early Learning (CSEFEL).

<http://csefel.vanderbilt.edu/resources/family.html>

CSEFEL dedicates a portion of their website to resources designed specifically for families. They provide reader-friendly and useful materials on a variety of topics relating to a young child's social and emotional development including common topics such as biting, expressing emotions, regulating behavior, sleep problems and many more.

Early Childhood Mental Health Consultation for Families.

Georgetown University.

http://www.ecmhc.org/materials_families.html

This site provides multiple links to family-focused materials pertaining to the social-emotional health of children age 0-5. Some of these materials are also available in Spanish.

Development of Social and Emotional Skills. Zero to Three.

<http://www.zerotothree.org/child-development/social-emotional-development/social-emotional-development.html>

Zero to Three is dedicated to many issues related to children from birth to three years of age. This particular link on their site is focused on the parents and what you can do to promote your child's social and emotional development. Information is provided by age group so you can find concrete ideas specific to the age of your child.

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