



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

MSU is an affirmative-action, equal-opportunity employer, committed to achieving excellence through a diverse workforce and inclusive culture that encourages all people to reach their full potential. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.

What is Social & Emotional Health?

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

- Experience and regulate emotions ,
- Form secure relationships,
- Explore and learn will provide good social emotional health.

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
- And 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.