How Parents of Preschoolers Can Support Social-Emotional Development

Respond to your child's needs

- Understand your child's nonverbal communication and know how to respond.
- Understand your child's verbal communication and know how to respond.
- Support your child's emotional needs.
- Use positive comments and language with your child.
- Successfully redirect your child's inappropriate behaviors.
- Understand why your child engages in inappropriate behaviors and how to modify the environment.

Provide predictable schedule/routines and an appropriate environment for your child

- Provide a mealtime routine for your child that is predictable and appropriate for your child's age.
- Provide a rest and sleeping routine for your child that is predictable and appropriate for your child's age.
- Provide your child with predictable limits and consequences.
- Take time each day to play with your child.

Provide a safe home and play environment for your child

- Do a safety check at home to make it safe for your child.
- Have a safe way to transport your child.
- Provide your child with safe care and supervision.
- Provide access to regular medical and dental care for your child.
- Know how to manage your feelings of anger and frustration that come up when you're with your child.

Provide activities that match your child's development level

- Provide your child with books, toys, and playthings that match your child's developmental level.
- Know the age-appropriate games that your child enjoys.

Adapted from Social-Emotional Assessment/Evaluation Measure (SEAM™), Research Edition by Jane Squires, Ph.D., Diane Bricker, Ph.D., Misti Waddell, M.S., Kristin Funk, M.A., LCSW, Jantina Clifford, Ph.D., & Robert Hoselton, B.S.

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