

Emotional Development

Suggestions for PARENTS



Support your child in feeling CARED FOR, important, and included. Show interest in their likes, plans and activities. Set up regular family activities without screens.

*A child's well-being starts with them feeling like they **MATTER** and **BELONG***



Come alongside their big EMOTIONS. Focus on naming them and making room for their expression even when it's uncomfortable.

*Self-regulation starts with **CO-REGULATION***



Create time and space for PLAY and let it do its thing. Opportunities to explore through play facilitate the process for children to develop their sense of self.

*Self-awareness starts in the **PLAY** mode*



Be PATIENT when your child makes a mistake. Convey that it's okay and that mistakes happen to all of us. Encourage trying new things and highlight efforts.

*Self-appreciation and confidence starts with a strong sense of **SIGNIFICANCE***



Provide what your child NEEDS to thrive. Rest, play and emotional release are key for children to feel safe.

*When a child **FEELS BETTER**, they do better*

Younger children have no filter and can only do 1 emotion at a time, which makes 'managing their emotions' quite difficult.
The fruit of development takes time.