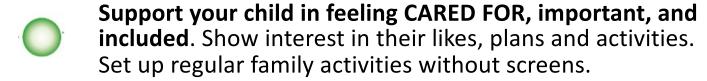
Emotional Development

Suggestions for PARENTS



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

them and making room for their expression even when it's uncomfortable.

Self-regulation starts with CO-REGULATION

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.

