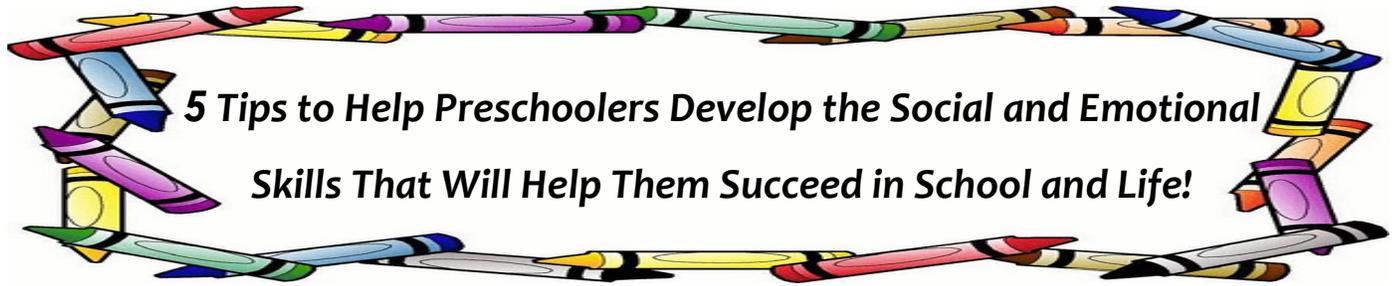


**EAST ORANGE SCHOOL DISTRICT**  
**DEPARTMENT OF SPECIAL EDUCATION**



**5 Tips to Help Preschoolers Develop the Social and Emotional Skills That Will Help Them Succeed in School and Life!**

**1. Recognize and Talk About Emotions**

- ✦ Acknowledge difficult feelings and give children strategies to respond to them. For example, “I know it made you mad when your friend took your toy. Next time you can ask an adult to help you.”
- ✦ Encourage your preschooler to practice thinking about how others feel.
- ✦ Praise children not only for how well they do something, but for their effort!

**2. Encourage Positive Behaviors and Use Positive Discipline Practices**

- ✦ Model caring relationships and recognize positive behavior. Children often learn best by watching their parents’ interactions with others. It is helpful to model patience, kindness, and helpfulness throughout the day.
- ✦ When children act appropriately, provide them special attention, hugs, or words of praise.

**3. Offer Preschoolers Plenty of Opportunities to Make Choices Throughout the Day**

- ✦ Providing choices is a good way to develop your child’s self-efficacy. It is also a great way to limit conflicts.

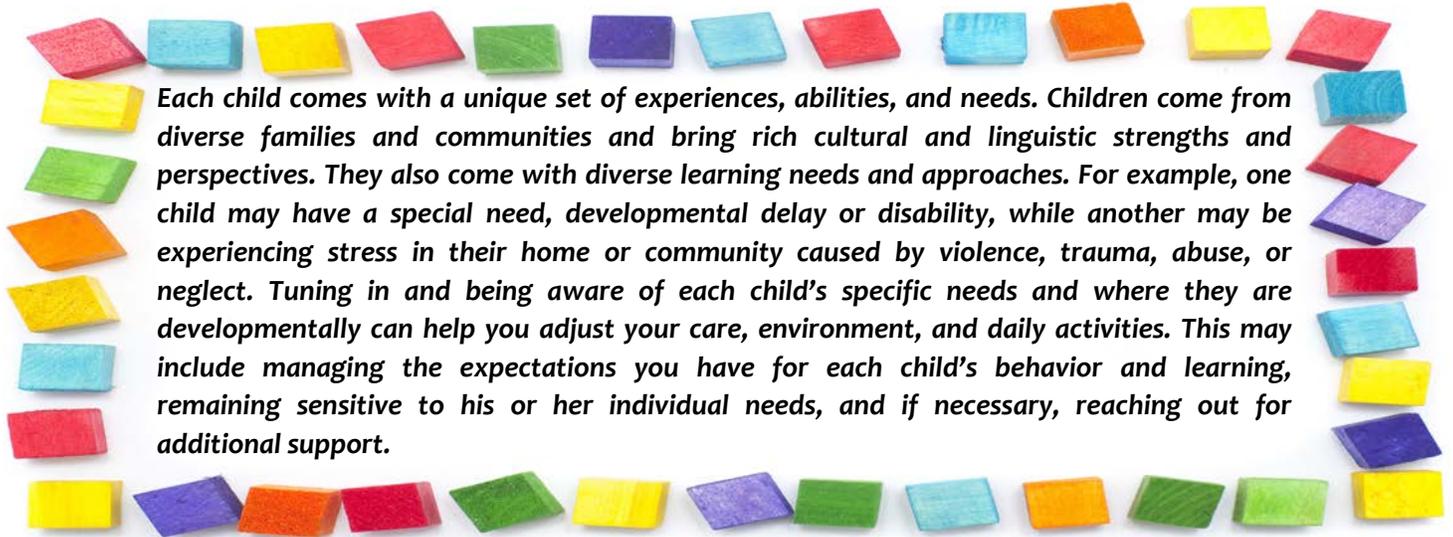
**4. Pay Attention to Your Child’s Sleep Hours**

A child between the ages of 3 and 5 years needs about **12 – 14** hours of sleep in every 24-hour period. Children who get the sleep they need have an easier time focusing during the school day, and are less likely to be irritable or to have tantrums.

**5. Set Predictable Daily Routines**

Knowing what to expect during the day helps children feel safe and secure and gives them a sense of control. Post a visual daily schedule for the children to see and refer to throughout the day. When the schedule and routine changes, communicate this to the children so they know something will be different.

## Remember Each Child is Unique ...



Each child comes with a unique set of experiences, abilities, and needs. Children come from diverse families and communities and bring rich cultural and linguistic strengths and perspectives. They also come with diverse learning needs and approaches. For example, one child may have a special need, developmental delay or disability, while another may be experiencing stress in their home or community caused by violence, trauma, abuse, or neglect. Tuning in and being aware of each child's specific needs and where they are developmentally can help you adjust your care, environment, and daily activities. This may include managing the expectations you have for each child's behavior and learning, remaining sensitive to his or her individual needs, and if necessary, reaching out for additional support.

## Your Preschooler Wants You to Know...



- *I feel safe when...I can rely on you to meet my needs consistently and when you greet me with a warm and loving smile every day.*
- *I feel confident when...you praise me for my efforts and encourage me to keep trying when I'm learning something new.*
- *I feel heard when... you look me in my eyes, tune into my thoughts and feelings or notice the things I'm looking at or pointing to in the world.*
- *I feel loved when...you take care of my needs, hug me often, use gentle words, and show care and patience*
- *I feel happy when...we play games and do fun activities, laugh and act silly together, and share fun stories.*

**For more information, visit [Learn the Signs. Act Early and Birth to 5: Watch Me Thrive!](#)**