TAKE A MINUTE…
Relationships **Matter!**

YOU are the most important person in your child's life! That is why the relationship between you and your child is an important focus of early intervention. Early Start services are designed to empower YOU so that you can better address your child's unique needs. Your service providers will provide ideas and support so that you can help your child learn the skills that YOU think are most important!

Social and emotional development describes the ability to experience and express feelings, form relationships, and explore the world. Social and emotional development is the foundation for all other learning and development throughout life. This is true for all children, including those with disabilities and delays. All families, with support, can help their child learn how to make friends, show strong emotions in healthy ways, and handle conflicts peacefully. These are examples of social and emotional skills. Your relationship with your child matters because positive relationships change your child's brain for the better. Every single day, everywhere you are, positive parent/child interactions help strengthen your bond, giving your child what they need to learn and grow.

When your child feels safe, secure, nurtured, and loved, they grow and learn!

We understand that parenting is not always easy! Parents with young children who have delays or disabilities may need extra support. Behavior, communication and physical challenges can make parenting especially difficult. Your Early Start Team is here to help you! You can strengthen the bond and connection you have with your child every day, during your daily routines. We will help you learn how!

Take a minute to play, sing, read and laugh with your child.

For more information on social and emotional development, watch this video at:
http://earlystartneighborhood.ning.com/ssip-resources/TaMvideo

You and your child...
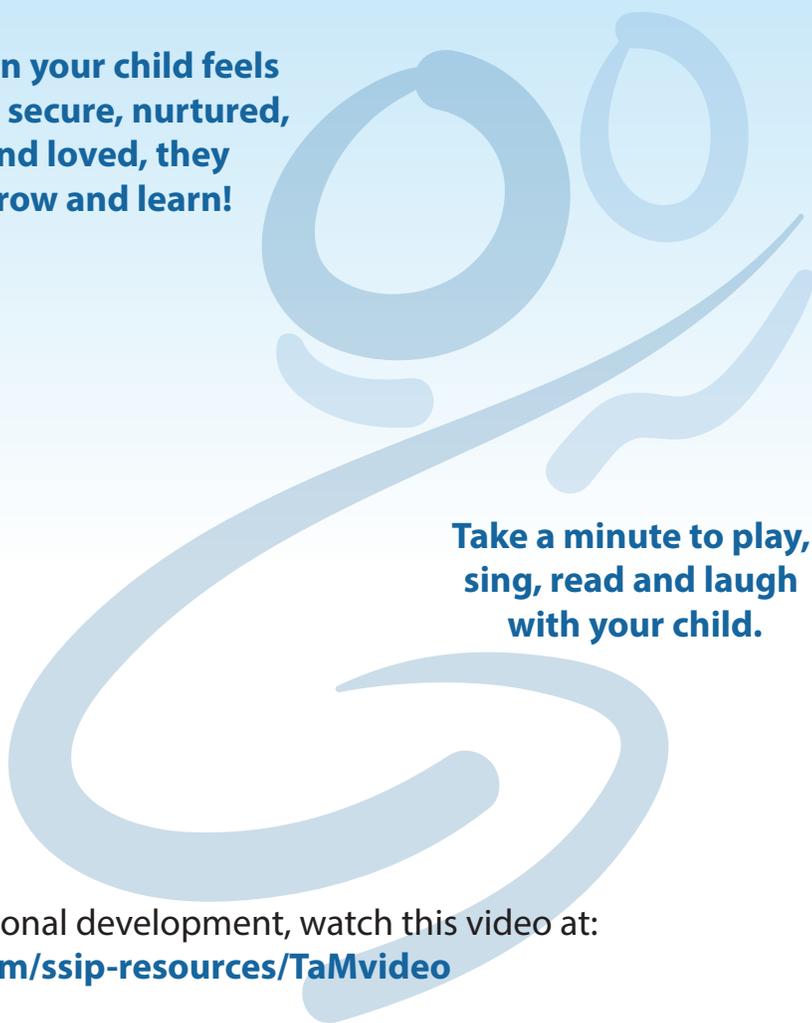
Ideas and tips...

You and your child...	Ideas and tips...
How do you know when your child is happy, sad, frustrated, scared, or mad?	Watch your child so that you can start to recognize their cues. They may use body movements, facial expressions, and sounds to show you how they feel. Imagine how your child experiences things.
How do you respond to your child's feelings?	Validate your child's feelings, and label them with simple words. For example, "I can see that you are frustrated because you cannot reach your toy." If your child is happy, keep doing what you're doing. If your child is upset, take a moment to comfort them.
How do you help your baby or young child learn to calm down?	Remember to stay calm yourself. Try different ways to calm your child, such as holding them, rocking them, getting them a special toy or blanket, singing, or playing soothing music. Think of healthy ways to handle feelings: take deep breaths, count to four, blow bubbles, sing a song, or do a silly dance with your child. Ask if your child wants a hug.
How do you show your child that they are important and loved?	Take time to connect with your child: smile, talk and listen to them, read, sing, and play with them, enjoy a meal together. Turn off electronics more often so that you can focus on your relationship with your child.
How do you encourage the behavior you want to see from your child?	Keep in mind that if your child is tired, thirsty, hungry, or uncomfortable, they will not be on their best behavior. Take care of them before you try to teach them a new behavior.
Do you have any concerns or questions about your child?	Talk to your Early Start Team. We are here to help!

Remember...

You are your child's first teacher! Children learn the most from what other people do…especially you! Give yourself a break when you are having a hard time remaining calm. Be sure your child is safe and give yourself a minute to calm down. You might say " I need some time to think about how I can help you." Take care of your own emotional wellness. If you have stress, depression, or anxiety, it affects your child. Get the help and support you need.