

4 Ways to Help Kids Learn SOCIAL & EMOTIONAL SKILLS

You can help your children develop social and emotional skills by being a good example, creating a positive space to share feelings, making empathy important, and focusing on cooperation.



1 Model Appropriate Behaviors

Observation plays a vital role in how young children learn new things. If your child sees you sharing, expressing gratitude, being helpful, and sharing feelings, they will have a good understanding of how to interact with people outside the home.



2 Reinforce Good Behavior

Offer praise when your children demonstrate good social behaviors. Helping children feel good about themselves plays an important role in developing a sense of empathy and emotional competence. Creating a positive climate allows children to share their feelings and naturally become more thoughtful.



3 Teach Empathy

Encourage children to think about how other people feel. Start by inquiring about their own feelings, asking about events in your child's life, and then begin asking questions about how other people may feel. By responding to questions about emotions, children can begin to think about how their own actions might impact the emotions of those around them.

4 Demonstrate Cooperation

As children play and interact with others, they begin to develop social problem-solving skills. While they may get frustrated at times, children will gradually learn how to cooperate, negotiate, and compromise.