

Social and Emotional Strategies at Home During COVID-19

Promote a growth mindset

When you focus on a child's efforts in solving a problem, that helps your child understand their hard work led them to success, and you help them develop a growth mindset.

Establish routines and intentionality

Routines ground us and provide a sense of safety and security. They are especially important for young children and children who have experienced trauma.

Model the behavior you seek

Whether it's apologizing when you're in the wrong or treating others with respect and kindness, children learn about relationships from observing the behavior of others.

Help your child express and name emotions

If children are struggling to identify their feelings, ask them to express it through drawing, a facial expression, or a body movement to help them understand what they're feeling.

Commit acts of service or kindness for others

Practicing kindness for others helps build an appreciation for our own life and situation. Call or write people you know who live alone or are on the frontlines.

Practice active listening

Don't assume to know the exact feelings and fears your child is experiencing. Ask questions, listen actively, and then share and explain what you can in response to their questions.

Celebrate what you can

The days seem long and can be hard to separate when they are spent at home. Find one or two small things to celebrate each day, write them down, and share with each other.

Integrate social-emotional learning daily

Emotions and stressors change all the time for adults and children, and it's important to have daily opportunities to check-in and identify, express, and work through those feelings together.

For more resources visit <https://covid-19.sdcoe.net/Parent-Resources>.

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