Kindergarten Information and Tips for Parents:

Social and Emotional Skills

Dear Families,

This document highlights skills that may support your child's learning at school. Pick a few to focus on, have fun practicing them together, and keep this list handy for quick reference. Your efforts will build your child's confidence and set them up for success!

SKILL:	TIPS FOR FAMILIES:
 **Managing Emotions:** This means your child is learning strategies to help manage their feelings and emotions.	• Teach your child simple calming strategies, like taking deep breaths or counting to 10. • Name their feelings to help them understand and express emotions (e.g., "It looks like you're feeling frustrated because the toy isn't working." • A strategy you may want to practice at home is how to handle small disappointments (e.g., losing a game).
 **Asking for Help:** This means your child is learning to ask an educator or classmate for help when they need it.	• Practice at home by asking your child what they would do in different situations (e.g., "What would you say if you need help tying your shoe?"). • Remind your child that it's okay to ask for help and that adults are there to support them.
 **Bouncing Back:** This means your child is learning to try again when something doesn't go their way the first time.	• Encourage your child to persist through a challenge (e.g., "You worked so hard on that puzzle!") • Share stories of times you made a mistake and how you learned from it. • Remind them, "It's okay to make mistakes; that's how we learn!"
 **Taking Turns and Sharing**: This means your child is learning to practice play skills, sharing toys, and waiting for their turn.	• Play games that involve turn-taking, like board games or card games. • Consider involving your child in group activities, like sports, art classes, library story-time or playdates to practice social interactions. • Praise your child when they successfully share, take turns and lose! (e.g., "That was so kind of you to let your friend go first!").

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