



*Your Library partners with families to prepare children for kindergarten*

## This week's theme is Emotional Development

**Early Learning Standard 1.4: Children develop an awareness and appreciation of themselves as unique, competent, and capable individuals.**



1. Child can name different body parts.

**Parents can:** Play games and sing songs about parts of the body, such as “Head & Shoulders” and “Simon says.”

2. Child engages in play that he/she has chosen.

**Parents can:** Provide an environment with a variety of choices for active play and allow time for child to become absorbed in the activity.

3. Child describes personal preferences and interests.

**Parents can:** Offer child choices throughout the day and encourage the use of language to describe preferences.

**Early Learning Standard 1.5: Children develop a belief in their abilities.**

4. Child accepts and adjusts when things don't go his way.

**Parents can:** Reframe uncomfortable situations in a positive light to allow child to see options available to address the disappointment, such as wiping up a spill or getting up after a fall.

5. Child takes risks to try new things.

**Parents can:** Encourage child to try new things by providing supervision and support, and expressing confidence in the child's abilities.

6. Child exhibits independence, such as “I can do it all by myself!”

**Parents can:** Support child's drive for independence by listening carefully to what they are trying to communicate, and provide many opportunities for children to practice emerging self-help skills.

**Early Learning Standard 1.6: Children manage their internal states, feelings, and behavior, and develop the ability to adapt to diverse situations and environments.**

7. Child explores social cause and effect.

**Parents can:** Read books and discuss situations that children may encounter and how problems were resolved, such as taking turns or visiting a new place. Encourage socially appropriate behavior.

8. Child shows empathy for others and acknowledges the consequences of his/her actions.

**Parents can:** Use teachable moments when child is not in emotional state to reflect on the problem, possible solutions, and the emotions involved. Help child see how actions have natural consequences.

9. Child participates in developing rules and guidelines for group play.

**Parents can:** Encourage children to negotiate and compromise to create rules for play and resolve challenges.

**Early Learning Standard 1.7: Children express a wide and varied range of feelings through their facial expressions, gestures, behaviors, and words.**

10. Child can associate emotions with words and facial expressions and communicate feelings.

**Parents can:** Encourage child to recognize and label various emotions resulting from situations throughout the day, as well as in books and observing other children.

11. Child can express a deeper and wider range of emotions, such as pride, disappointment, or embarrassment.

**Parents can:** Read books and provide opportunities for dialogue about emotions and feelings.



12. Child modifies behavior and emotions based on the environment and situation.

**Parents can:** Pay attention to various stressors child may experience when behavior challenges arise, such as ensuring that child has enough sleep, has been fed, and transitions are smooth.

For more tips, send "SIGNUP" to 406-204-3583 or ask a children's librarian.