

# A Quick Look.....

These five strategies can help you support your child's emotional development and strengthen your relationship during the special years of early childhood, nurturing the skills needed for success at home, at school, and in the wider world. Your parenting approach makes a difference!

*Pick one to start with and  
and give it a try!*

## **Offer choices among acceptable alternatives.**

- Children need our help to learn how to make decisions.
- Offering an opportunity to make choices when either choice is acceptable lets children practice this important skill.

*“Do you want to put your pants or shirt on first?”*

*“Would you like to pick up your toys now or in two minutes?”*

**p10**

## **Help children prepare for and manage transitions.**

- Transitions are hard to manage when we don't expect them.
- Provide many prompts and reminders when a transition is approaching, so children know what to expect and can better manage their emotions and behavior.

*“After nap time, we'll all play outside until Mommy gets home.”*

*“You want to stay longer AND in five minutes, we will leave to catch our bus.”*

**p15**

.....

### Acknowledge feelings instead of trying to fix them.

- Intense emotions are a normal part of life – we help children learn to manage them by naming them and offering comfort and support.
- Children experience emotion more intensely than many adults, and may need to do something physical to process strong feelings.
- Managing children’s feelings and the behaviors that go along with them takes our time, no matter what. We can help children build skills by spending this time mindfully.

*“You look really surprised and maybe scared, too! I can hold you.”*  
*“It’s disappointing when things don’t work out like we want. Want to talk about it?”*

p20

### A.C.T. – Acknowledge, Communicate, Target

- This discipline strategy helps support emotional development and build skills for future challenges.
- **A** – Acknowledge the feeling.
- **C** – Communicate the limit.
- **T** – Target an acceptable alternative.

*“You sound really angry with your brother! Calling him names is not okay. You can tell him you don’t want to share your toys right now.”*  
*“The puppy’s ears are very soft. They are not for pulling – that hurts him. You can pet his back softly.”*

p26

### Try SET Time to deepen your emotional connection with your child.

- All important relationships need our time and attention to thrive. SET Time is special time dedicated to nurturing the unique bond we have with our children.
- Meeting children’s need with positive attention can help prevent negative behaviors in other areas of their lives.
- 20–30 minutes a week spent focused on your child can strengthen your relationship and support development.

*“It’s SET Time! What would you like to play today?”*  
*“During SET Time, you’re the boss! Which action figure do you want me to be?”*

p31