

Did you know May is Mental Health Awareness Month?

Social, emotional and behavioral health begins at birth and lays a foundation for children to:

Manage emotions

Have positive relationships

Resolve conflicts

Peacefully take care of others

Children begin learning these skills from birth as they build attachments and trust with caregivers, learn how to calm themselves down, and later, to recognize emotions.

Just like other skills, children develop social and emotional abilities gradually – and they need plenty of support from adults as they learn.

Nurturing our children's social and emotional needs from birth helps ensure they will have good mental health throughout their lives.

We all have mental health – even babies! And just as physical health enables us to have the energy we need to work and live our lives, mental health allows us to have positive relationships with others, cope with life's challenges, and manage our emotions.

Just as we take care of our children's physical health – with healthy food, plenty of sleep and regular check-ups – we must also take care of their mental health by supporting their social-emotional development.

But How?

Loving relationships with you and other adults are the foundation of children's healthy social-emotional development.

Positive relationships help children feel secure and encouraged. Through relationships we can teach children to understand and express their feelings, develop compassion for other people, and learn the difference between right and wrong. These social and emotional skills prepare children for success in school and throughout their lives.

Try these tips to support your child's social-emotional development from birth to age 8:

https://www.coloradoofficeofearlychildhood.com/oec/OEC_Families?p=Family&s=Social-Emotional-Development&lang=en#:~:text=0%2D8%20months,5%2D8%20years

REMINDERS



May 2-6th

Parent Teacher Conferences- May 13 & 20th



Field Day – May 19th

Last day of Preschool May 26th



Closed May 30th

Health & Safety – mental health



With the pandemic, social unrest, natural disasters and ongoing violence, this has been a difficult year. All of us have endured hardship that has tested our resilience. If you are struggling right now, know that you are not alone. <https://parentsthrive.org/>

If you are concerned about your child, talk to your pediatrician, child care provider or other early childhood professional. There are resources in our community to support you.

These links provide additional expert information about social-emotional development in the early years.

[Early Learning & Development Guidelines:](#) Activities, ideas and videos to help you support all aspects of a child's healthy development.

[ZERO TO THREE:](#) Tips to support social-emotional development from a renowned, national early childhood resource.

[Infant Toddler Temperament Tool:](#) Understanding a child's natural temperament can help parents better support children's social-emotional health.

[Early Intervention Colorado:](#) Supportive services for young children with developmental delays or disabilities and their families.

[Colorado Child Abuse and Neglect Hotline:](#) 24/7 hotline to report child abuse, neglect or concerns about the safety of children.