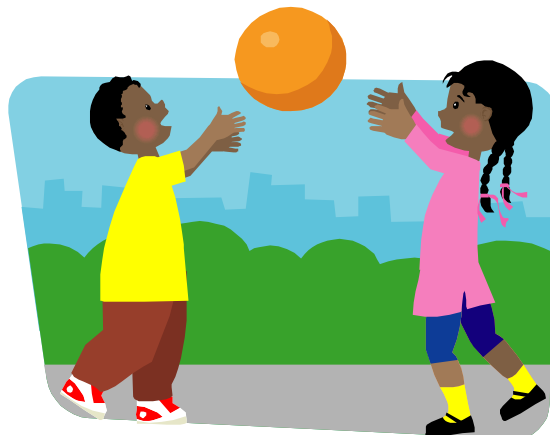


## Positive Social Behaviour

As children learn new ways of relating to others they develop “**positive social behaviour**”, which includes skills such as empathy and communication. In Kindergarten, children are learning positive ways to express their feelings and are gaining new skills in their ability to work and play with others. These create the building blocks of self-awareness and significance.



### Activities to Promote Positive Social Behaviour

There are lots of things you can do with your kindergarten child at home to help support him or her in developing positive social behaviour. Check out some of these ideas:

- Inspire confidence and cooperation by asking your child to help you with small tasks around the house.
- Really listen to your child’s stories. This encourages communication and will show your child that he or she is being heard and that his or her feelings matter.
- If your child experiences some conflict with a peer, help him or her identify the conflict and work together to come up with a solution.



- “Catch” your child doing nice things for other people. Be sure to point them out and describe how these actions made the other person feel good.
- Encourage play dates with other children and ensure that there is lots of space and materials for children to interact.

## Positive Behaviour Guidance

The ways you deal with your child's behaviour can help promote healthy social and emotional development. You can help your child learn appropriate social behaviour through positive behaviour guidance.

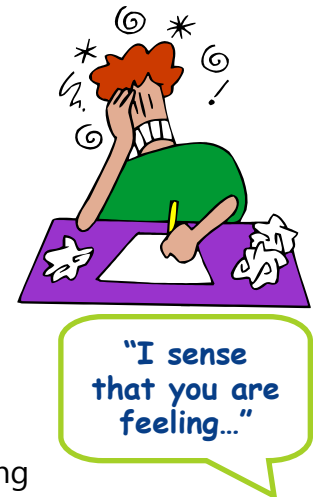
- When a problem arises, invite your child to help brainstorm solutions.
- Involve your child in setting rules, this will make him or her more likely to follow them.
- If inappropriate behaviour continues, remove your child from the activity and give him or her time and space to calm down.



## Emotional Development

As kindergarten children learn to relate to other people, they are also learning a lot about themselves and their own emotions. Support your child's emotional development to help promote positive social behaviour.

- Pay attention to how you express your own emotions. Children learn from watching what adults around them do.
- Listen to different types of music with your child, and discuss how the music makes you feel.
- Help your child find healthy ways to deal with anger or frustration, such as taking deep breaths, or having a glass of water.
- Practice identifying each other's feelings. When you notice your child is experiencing a strong emotion, try helping him or her label that feeling. Teach your child new words to describe his or her emotions. You can talk about how emotions feel in the body (ie: butterflies in the tummy).
- Encourage your child to talk about his or her emotions by asking open-ended questions about his or her feelings. Make sure to listen attentively to your child's answer and help him or her find a way to deal with those emotions.



"How do you feel about that?"