

Parent Academy Module 3: Social-Emotional

Today's Feelings (3-5 years)

Vroom Tip: Ask your child to talk about their day using feeling words like happy, excited, and sad. Try questions like, "Was there a time when you felt frustrated today?" Ask them to make faces that express these feelings. Share your day as well.

Brainy Background™: When you take time to talk about feelings with your child in fun ways every day, you make your relationship stronger. You're helping them connect feelings and actions, too. Once your child understands their emotions, they can better relate to others.

Calm Down Kit (2.5-5 years)

Vroom Tip: Use an empty shoebox or container to make a "Calm Down Kit" with your child. Have your child put special items inside that help them feel secure and relaxed. When they are feeling upset, remind them to use their kit. They even can decorate the box to make it their own.

Brainy Background™: It helps to make a "Calm Down Kit" before upset feelings happen. You're helping your child plan how to handle stress so they can take action in a difficult moment. This gives them more control. It also builds skills important to tackling challenges.

Belly Breathing (3-5 years)

Vroom Tip: Help your child learn to breathe deep when feeling upset. Have them close their eyes and put their hand on their belly to feel it go out when they breathe in. When breathing out, their belly moves in. Remind them to use Belly Breathing to help them calm down.

Brainy Background™: When you ask your child to focus on their breathing when they feel upset, you help them practice self-control. They also learn to manage emotions in hard situations. This ability continues to develop throughout life and supports your child in solving problems on their own.

Waiting Strategies (3-5 years)

Vroom Tip: Waiting for a parent to finish a meeting or task can be hard. Help your child come up with strategies for waiting. Say something like, "Think of as many red things as you can." Or, "How many words can you come up with that start with the letter G?"

Brainy Background™: When you help your child learn to manage feelings on their own, you support their ability to problem solve. They can also better control their behavior according to the situation. These skills are important for learning in school and life.

Learn more at vroom.org