Promoting Healthy Social Emotional Development
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NMAIMH competencies addressed

Theoretical Foundations:
• Infant/very young child development & behavior
• Family relationships & dynamics

Direct Services Skills:
• Observation & listening
• Screening & assessment

Working with Others:
• Building & maintaining relationships
• Supporting other/mentoring

Reflection:
• Curiosity

Beginning from birth, children are learning who they are by the way they are being treated. Young children are able to have a sense of wellbeing, safety, and confidence when provided with loving relationships. Young children are able to use these skills to build attachments, to be able to communicate emotions, and deal with challenges. Empathy and compassion are developed by having strong and loving relationships in a young age, (Social and Emotional Development, 2016).

The connection between parent and child supports the child’s capability to develop relationships with others, deal with challenges, and express emotions. Young children are able to explore the world with empathy, build self-confidence, and learn from right and wrong that is initiated from fostering early relationships, (Social and Emotional Development, 2016).

Approaches to reflect when building a resilient connection with young children:
• Parent/Caregiver can show their child they care by comforting him or her when upset.
• When the child is in parent/caregiver’s arms, the adult can sing and talk to the young child.
• Parent/Caregiver can observe the young child and take note what the child enjoys to offer experiences focused on what the child enjoys.
• Parent/Caregiver can establish routines and if it changes, parent/caregiver will let the child know.
• Parents/Caregiver allows the child to express their feelings.

Questions for the Home Visitor to encourage discussion and reflection with the Parent/Caregiver…

- What does your child communicate during the day? How does your child let you know his or her needs?
- How do you respond to your child’s emotions? How do you feel when your baby cries? How do you soothe your baby?
- How you support your child when he or she is frustrated? What do you do to help him or her to express emotions appropriately?
- What do you do to help your child cultivate empathy?

References/Additional Resources
