



## Research Shows Powerful Impacts

A solid social emotional foundation helps children do better in school, withstand peer pressure, be more likely to go to college and:

- Stay calm
- Learn self-control
- Interact positively with others
- Persist at difficult tasks
- Understand taking turns
- Consider others' feelings
- Cooperate, follow simple directions
- Explore their world
- Resist being bullied or becoming one



**Learn More**  
[StartTalking.Ohio.Gov](http://StartTalking.Ohio.Gov)  
[BoldBeginning.Org](http://BoldBeginning.Org)

## Don't Wait

Concerned about a child's social emotional development? Talk with a professional or community organizations that know about social emotional development.

### Services to Help You

American Academy of Pediatrics  
[HealthyChildren.Org](http://HealthyChildren.Org)

Ohio Association of County Behavioral Health Authorities  
[bit.ly/BehaviorMap](http://bit.ly/BehaviorMap)

Ohio Department of Health  
Help Me Grow  
1-800-755-GROW (4769)  
[HelpMeGrow.Ohio.Gov](http://HelpMeGrow.Ohio.Gov)

Ohio Department of Developmental Disabilities  
[OhioEarlyIntervention.Org](http://OhioEarlyIntervention.Org)  
1-800-755-GROW (4769)

Ohio Preschool Expulsion Prevention Partnership  
1-844-678-ABCs (2227)

Ohio Department of Job and Family Services  
[jfs.ohio.gov/CDC/childcare.stm](http://jfs.ohio.gov/CDC/childcare.stm)

Ohio Department of Mental Health and Addiction Services  
[bit.ly/WholeChildMatters](http://bit.ly/WholeChildMatters)

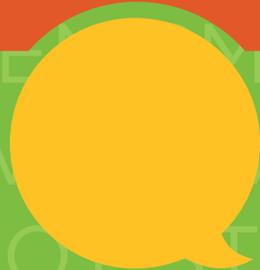
Ohio Department of Education  
[bit.ly/YoungChildrenDevelopment](http://bit.ly/YoungChildrenDevelopment)

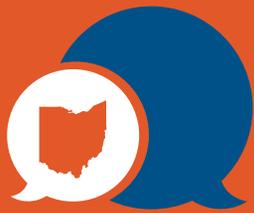
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## TIPS FOR STRONG HEALTHY BEHAVIORS IN YOUNG CHILDREN





Tell  
ME

## To Boost my Self-Esteem

- I am loved
- I am important
- I make you proud
- I will do great things
- My feelings matter
- What to expect from my day so I feel secure



Telling me these things helps protect me from the risk of later drug use.

# Start Talking

Start Talking supports healthy, drug-free lives for Ohio families. Teachers and families are encouraged to establish caring relationships with children from birth to help them be successful adults.

## Tips for Creating Predictable, Nurturing Environments

Positive interactions and spaces free from smoke, alcohol and drugs are key to helping children manage their emotions.



### Infants

- Be affectionate
- Cuddle and comfort so baby feels safe
- Talk, read and sing together daily
- Help baby learn to calm self
- Return coos, smiles and gestures to help brain development



### Toddlers

- Make culture, and routines, part of every day
- Provide age-appropriate toys and books
- Encourage early friendships
- Talk and ask questions about feelings together



### Preschoolers

- Let children know what's coming next
- Listen to and respect what they say
- Teach patience by asking them to wait, then consistently returning to them
- Encourage pretend play



## Best Ways to Redirect Behaviors



- Offer praise and compliments
- Offer choices
- Focus on positive actions
- Make your expectations age-appropriate
- Set limits in gentle ways

## Be Prepared for Uniqueness

Children may express feelings differently. Cultural background, stress, trauma or developmental delays or disabilities can cause them to reach milestones at a different pace. Help by adjusting their care, environment and daily activities as needed.

