How to *nurture* your child's social-emotional health

Actively listen

Share feelings and believe

Do what you say

Limit electronic time for everyone

Surround them with healthy adults

Reach out and hug them

Use open ended questions about everything
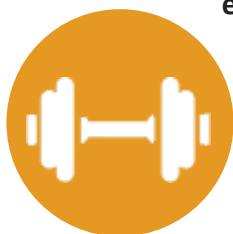
Recognize positive choices

Respond calmly when their emotions are elevated

Model forgiveness

View their behavior as a window to their needs and feelings

Play and exercise together

Set and respect boundaries

Ingham Intermediate School District
A Regional Educational Service Agency

Adopted from Mental Fills Counseling Tools