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

- Actively listen
- Share feelings and believe
- Do what you say
- Limit electronic time for everyone
- Reach out and hug them
- Recognize positive choices
- Surround them with healthy adults
- Use open ended questions about everything
- Respond calmly when their emotions are elevated
- View their behavior as a window to their needs and feelings
- Play and exercise together
- Model forgiveness
- Set and respect boundaries

Adopted from Mental Fills Counseling Tools