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Social-Emotional Learning Calendar



Monday

Do you ever wonder if you are doing enough for your child during the pandemic? The expectations for being the "perfect" parent during these trying times can add up. The best thing you can do for yourself and for your family is to give yourself grace and remind yourself that [YOU ARE ENOUGH](#). You can go easy on the rules, give in to more screen time, and love on your children more. Click on the link for more information about "being enough."

Tuesday

Does your child seem especially angry lately? He or she may actually be [expressing grief](#), an emotional response to loss or change. You may observe more clinginess, bed wetting, sleep problems, thumb sucking, temper tantrums, or difficulty concentrating. Here's how to respond and encourage emotional expression:

- Provide honest, simple facts and information
- Listen and respond with sensitivity
- Stick to your routine, provide structure, and set expectations for each day
- Provide physical comfort and security by sitting closeby and giving lots of hugs

Wednesday

The way we plan activities for our children can help reduce challenging behavior. By proactively teaching children specific skills and desired behaviors, you are more likely to prevent challenging behaviors from occurring.

[Here's how you can do so:](#)

- Tell your child exactly what to do
- Use a visual schedule
- Practice, practice, practice
- Catch your child being good
- Prepare your child before an event
- Hope for the best but plan for the worst

Thursday

Mindfulness Heartbeat Exercise
Have your child (along with you!) jump up and down in place or do jumping jacks for one minute. When done, sit or lay down with your child, and have them put a hand over their heart. Show your child how to close their eyes and pay attention only to their heartbeat. For very young children, have them feel their breath coming in and out. In a quiet voice, talk about how their heartbeat (or breath) starts off very fast and then gets slower and slower as their body calms. Adapted from www.mindbodygreen.com (Roman, 2015)

Friday

Young children learn many skills through play, including social and problem-solving skills. A child's play evolves over time, beginning with solitary play then becoming more complex and interactive. Learn about the stages of play [here](#).

Meaningful adult-child interactions during play support learning. As highlighted [here](#), when playing with your children, follow their lead with materials, expand upon the language they use, and slowly introduce new play actions for them to imitate.

Caregiver Self-Care Tip

For many individuals, the COVID-19 pandemic has understandably been inciting feelings of anxiety, uneasiness, loneliness, and frustration. Remember that it is okay to allow yourself to experience those emotions while still being present and finding moments of joy throughout your day. Don't let your feelings consume you. In between these negative moments, embrace the ordinary and stay connected to family and friends – sing in the shower, watch a favorite movie, play a game, complete a puzzle, have a dance party, or call a friend to catch up.