



Nebraska Association
for Infant Mental Health

Supporting young children's Social-Emotional Needs after change

Relationships, routine, and supportive teaching of social-emotional skills have always been important. After any big change these become even more essential! Here are a few reminders of those important steps you can take towards ensuring young children's social-emotional needs are met and they are able to thrive!



Be available for hugs, cuddles, and comfort.



Have a flexible routine that communicates predictability and safety, while also accommodating for free time and play.



Identify ways for children to express their feelings (all feelings are okay).



Meet children's needs with love and nurturance.



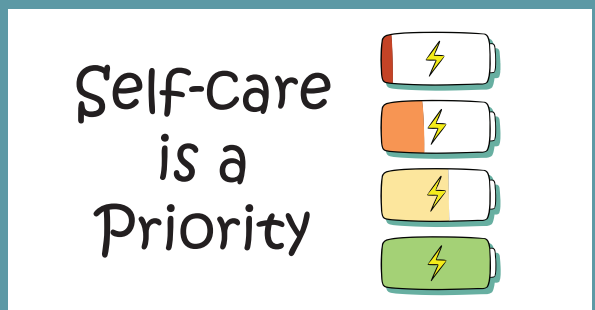
Use visual cues to help children plan their day and serve as helpful reminders for what happens next.



Use storybooks. Books are powerful ways to support and teach children about their emotions.



Play is a powerful way for children to learn and grow.



Take care of yourself, ask for, and accept help.