



NATIONAL CENTER ON
Early Childhood Health and Wellness

Center on the Social and Emotional Foundations for Early Learning (CSEFEL)



The CSEFEL promotes the social-emotional development and school readiness of young children, birth to age 5. Jointly funded by the Office of Head Start and the Office of Child Care, the CSEFEL disseminates research and evidence-based practices to early childhood programs across the country.

Here are just a few of the extensive CSEFEL resources available to early educators, program leaders, and families.

Resources for Early Educators

[For all educator resources, visit the CSEFEL information for early educators.](#)

[Book List: Using Books to Support Social Emotional Development](#)

This PDF provides book recommendations for a variety of social-emotional topics including friendship and family relationships, feelings, problem-solving and behavior expectations.

[Scripted Stories for Social Situations](#)

Scripted Stories for Social Situations, a series of friendly stories available as PowerPoint presentations, help children understand social interactions, situations, expectations, social cues, unfamiliar activities, and social rules.



Solution Kit: Printable posters showing good behavior

These colorful 8-1/2 x 11 pictures can be displayed in the classroom to help children identify and use appropriate responses during social interactions

Resources for Consultants and Other Program Leaders

For all resources available for program leaders visit CSEFEL information for trainers and coaches.

Decision-Making Guidelines:

These two-page documents assist program leaders in selecting an appropriate social-emotional curriculum and determining when to seek outside help for a child's challenging behavior.

Infant/Toddler and Preschool Training Modules: Promoting Social and Emotional Competence

Training modules in English and Spanish include facilitator guides, trainer scripts, PowerPoint Slides, participant handouts, and training video clips for supporting early care and education providers.

Parent Training Modules: Positive Solutions for Families

These modules in English and Spanish help professionals working with parents to promote positive and effective parenting behaviors. Modules address topics such as "Why do Children Do What They Do?" and "Teach Me What To Do!" Includes a Family Workbook, and a Facilitator's Guide.

Resources for Families

For all resources for families, visit CSEFEL Family Tools.

Make the Most of Playtime

This booklet provides families and other caregivers with an overview of the developmental stages of play skills from birth to age 3. It includes age-appropriate strategies for using play to build healthy family relationships and supporting children's development.

Teaching Your Child to Become Independent with Daily Routines

This five-page resource highlights typical self-help skills of infants and young children through age 5. Routine-based strategies for nurturing developing independence and addressing related challenging behaviors are also provided.



Teaching Your Child to Cooperate with Requests

This four-page resource gives families and other caregivers strategies for supporting preschoolers' increasing ability to take on simple and meaningful responsibilities. Tips include understanding age-appropriate expectations and handling situations when children are unable or unwilling to comply with adult requests.



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Contact Us: The National Center on Early Childhood Health and Wellness welcomes your feedback as well as your suggestions for topics for future resources!

Please forward your comments to: health@ecetta.info or call us at 888-227-5125.

School readiness begins with health!