



Strong Foundations in Mental Health  
for Social & Emotional Well-Being



NATIONAL CENTER ON  
Early Childhood Health and Wellness

# Strong Foundations in Mental Health for Social and Emotional Well-Being Newsletter

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## Promoting Positive Relationships

**E**arly relationships are the foundation of a young child’s development. Positive relationships between primary caregivers and young children are linked to long term positive outcomes such as children’s social relationships, school adjustment, and ability to pay attention and focus. Positive relationships teach young children that:

- The world is safe and they are worthy of kindness and care from others.
- They can manage their emotions, solve problems and get along with others

Resources in this issue of the Strong Foundations in Mental Health for Social and Emotional Well-being Newsletter focus on promoting positive relationships between children and families, children and early childhood educators, and children and their peers.



## **For Practitioners**

These resources were developed for staff and consultants working in early childhood settings. Some resources may also be useful to families.

### **News You Can Use: Mirroring the Early Parent Child Bond for Infants and Toddlers**

This online resource helps early education staff and managers learn about the importance of supporting early bonding and attachment child-parent relationships and child-caregiver relationships. Explore strategies useful for Head Start and Early Head Start center-based, home-based, and family child care program options

### **Research to Practice Series: Positive Parent-Child Relationships**

The Research to Practice Series focuses on the Family Engagement Outcomes of the Office of Head Start (OHS) Parent, Family, and Community Engagement (PFCE) Framework. Aligned with related Head Start Performance Standards, this resource presents a selected summary of research, proven interventions, and program strategies intended to be useful for the Head Start and Early Head Start community. One in the series, this resource addresses the “Positive Parent-Child Relationships” Outcome: “Beginning with the transition to parenthood, parents and families develop warm relationships that nurture their child’s learning and development.”

### **Building Positive Teacher-Child Relationships**

This resource provides an overview of various strategies and teacher behaviors that support positive relationships with children.

### **Building Positive Relationships with Young Children**

Building positive relationships with young children is an essential task and a foundational component of good teaching. All children grow and thrive in the context of close and dependable relationships that provide love and nurturance, security, and responsive interactions. This resource provides concrete strategies for building relationships with young children.

### **The Role of Relationships in Early Childhood Education: Supporting Preschoolers Positive Peer Relationships**

This resource describes the importance of positive peer relationships in early childhood and offers strategies for successfully promoting social relationships among young children.

### **Technical Assistance Center for Social Emotional Interventions (TACSEI) Demonstration Programs Douglas County, Colorado**

This link offers a wealth of resources including a slide show that illustrates how Douglas County, Colorado is implementing the nurturing and responsive tier of the Pyramid Model. It also offers video clips about communicating with families; relationship strategies to create community; teaming in the classroom; using technology to communicate with families; and building relationships through play.

### **Young Children Develop in an Environment of Relationships: Working Paper No. 1**

An “environment of relationships” is crucial for the development of a child’s brain architecture, which lays the foundation for later outcomes such as academic performance, mental health, and interpersonal skills. This working paper from the National Scientific Council on the Developing Child explains how these relationships shape child development, and identifies ways to strengthen policies that affect those relationships in the early childhood years.



## For Families

These ready-to-print resources were designed for families with young children.

### Responding Positively to Your Child's Behavior

Parents who nurture themselves and their children are teaching their child positive lifelong relationship skills. This brochure provides tips and tools to respond positively to your child's behavior.

### Tips for Families: Fostering Connections

All children need someone who cares deeply about them. This tip sheet provides strategies for building strong relationships with your child(ren). It also explains how young children learn and develop within the context of relationships.

### Tips for Families: You Know Your Child Best

Children's learning is best supported both at home and school when parents and teachers share and exchange knowledge about children. This simple tip sheet helps you communicate effectively with teachers, suggesting information to share and questions to ask.

### How to Help Your Child Learn to Share

Learning how to share is a big challenge for all children because it often means putting aside their needs to make someone else happy. When your child learns how to share with others she feels more confident and is better able to play with other children independently. This one page tip sheet gives strategies for working with your child's teachers to support sharing skills development at home and school.

### How to Help Your Child Recognize and Understand Jealousy

Young children often do not have the skills or language to deal with this complex feeling. Many children deal with jealousy by acting out with challenging behavior such as tantrums, crying or hitting. Because your child may act out with anger, it can be difficult for you to respond to the true feeling of jealousy. This resources provides strategies to you teach your child to identify and respond to the true feelings of jealousy at home and at school.

### PBS Parents - Child Development Tracker

Social and emotional development is important in every area of a child's life. Your child will have a strong foundation for later development if he or she can manage personal feelings, understand others' feelings and needs, and interact positively with others. Use this Child Development Tracker to get insights on the stages of social and emotional development for children from 1 to 8 years old.

### Tips on Helping Your Child Build Relationships

What are relationship building skills and how can you support your child in using them? This resource describes the process of supporting your child's relationship building skills, offers examples of relationship building experiences, and provides some concrete ideas for how to encourage relationship building skills and infants and toddlers





## Multimedia Resources

Check out these multimedia resources focused on promoting positive relationships

### [Facilitating Children's Friendships: The Adults Role in Supporting Peer Relationships](#)

In this presentation Dr. Michaelene Ostrosky and Lori Meyer share evidence-based strategies for supporting young children's friendship development. Establishing friendships is an important developmental goal of early childhood. Friendships established during the preschool years create valuable contexts to learn and practice skills essential to children's development across domains.

### [Fostering Connections](#)

View this 15-minute in-service to learn about ways teachers can build meaningful, positive relationships with children in their classrooms.

### [Parent-Child Relationships: The Cornerstone to School Readiness in the Home-based Option](#)

This webcast discusses why the parent-child relationship is so critical to the future success of infants and toddlers. Panelists discuss how a healthy parent-child bond affects the social-emotional development of young children. Also addressed is how home visitors can support the child's development through interaction with parents during home visits, group socializations, and throughout the rest of the week.





## MyPeers: A Collaborative Platform for the Early Care and Education Community

MyPeers is an online social and learning network for Head Start and Early Head Start program staff and partners to dialogue and share thoughts. This is a virtual community for exchanging ideas, sharing resources, and lending support to the early childhood community. Currently, the NCECHW have the following open communities on MyPeers:

- Child Care Health Consultants
- Health, Safety and Wellness
- I am Moving I am Learning (IMIL)
- Staff Wellness
- and two state-specific early childhood health communities for Oregon and South Dakota.
- Mental Health Consultation Community.

To join one of these communities, register at <http://www.123contactform.com/form-2230355/My-Peers>.

Once registered, you will be able to join new communities to meet your specific needs.

Please watch your email for announcements from the National Centers or others as they initiate new communities.



Register for  
**MyPeers**



**NATIONAL CENTER ON**  
**Early Childhood Health and Wellness**

The National Center on Early Childhood Health and Wellness welcomes your feedback on this newsletter issue, as well as your suggestions for topics for future issues. Please forward your comments to The National Center on Early Childhood Health and Wellness Feedback [health@ecetta.info](mailto:health@ecetta.info) or call 866-227-5125.

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***School readiness begins with health!***