

READY for Kindergarten!

Session 3

Supporting Young Children's Development of Social and Emotional Skills



Session 3: June 09, 2025



Together Growing Strong
Juntos Florecemos
茁壯成長

Together Growing Strong is a community partnership
dedicated to supporting Sunset Park families,
from pregnancy through the age of seven.

TOGETHER GROWING STRONG CARE PROGRAMMING

COMMUNITY-BASED
ACTIVITIES
RESOURCES
EDUCTION

SIGN UP WITH TGS CARE PROGRAMS TO RECEIVE THE FOLLOWING SERVICES:

- › Playgroups
- › Read Alouds
- › Holiday Toy Drive
- › Ready for K workshop series
- › Virtual and in-person workshops
- › Weekly parenting tips
- › Community swap events
- › Food pantry

JOIN OUR NEW FACEBOOK PRIVATE GROUP

where you can meet other caregivers and receive program updates!



Scan this code or
Text "TGS" to
(646) 530-5488 or
(646) 530-5461
to sign up!

Together Growing Strong is a partnership among the Family Health Centers at NYU Langone,
NYU Grossman School of Medicine and NYU Langone Hospital-Brooklyn.



Together Growing Strong
Juntos Florecemos
茁壯成長

Attendance: If you are already
in the TGS CARE program,
write your full name in chat

If you are not in the TGS CARE
program, please text **"3"** to
(646)-530-5461

Session 1: Strengthening Your Child's Independence

June 2 @ 6pm

- How can I prepare my child for the school setting and school routines?
- How can I help my child become more independent?

Session 3: Supporting Your Child's Social and Emotional Skills

June 9 @ 6pm

- How do I prepare my child for school separation anxiety and feelings about a new school?
- You will receive a book to help your child learn about school.

Session 2: What to Expect in Kindergarten

June 4 @ 6pm

- What will my child learn in Kindergarten?
- How is Kindergarten different from Pre-K?
- Workshop presented by K teachers!

Session 4: The Power of Play

June 11 @ 6pm

- Why is play important?
- How do I support my child's learning during play and everyday routines?



Sharon Lee, LMSW

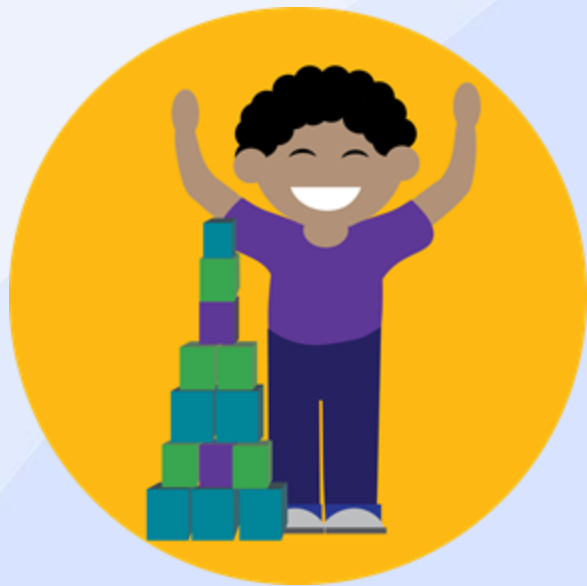
Taiwanese-American who has been a Licensed Master Social Worker for 10+ years working with children and families providing mental health support to promote healthy social emotional development. Professional experience includes being an early childhood mental health therapist, clinical social worker in a medical healthcare setting, a professional development trainer and workshop facilitator, and a supervisor for early childhood coaches. Currently, working as a ParentCorps Specialist for the Center for Early Childhood Health and Development in the Department for Population Health for NYU Langone Health.

Workshop Goals

- **Importance of Social Emotional Learning**
 - Benefits of Social Emotional Learning
 - Self-regulation vs Co-regulation
 - Types of coping skills
- **Social Skills for Kindergarteners**
 - Age appropriate expectations
- **Helping children manage their feelings**
 - FEEL Technique
- **Understanding how to support your child and yourself**
 - What can anxiety feel and look like?
 - How can I support my child and myself when experiencing worry or anxiety?
- **Tips for a successful transition to Kindergarten**



What is social-emotional learning?



Social-emotional learning is the development of skills that help children (and adults!) learn to **communicate their thoughts and feelings, develop positive sense of self, and build healthy relationships.**

Why is social-emotional learning so important?

Life-long benefits of SEL

- Building positive relationships
- Effective communication
- Empathy and caring towards others
- Cooperating with other and positive social behaviors
- Confidence and positive self-esteem
- Learning responsibilities
- Liking and feeling connected to school
- Decision making skills
- Setting and monitoring goals (personal and academic)
- Problem-solving skills
- Independence

**Studies show that students who have strong social emotional skills
do better in school!**

Social skills Kindergarteners are learning

- Interested in making and playing with friends
- Carries out an adult-directed task for at least five minutes
- Recognizes what emotions other people are feeling
- Tries to resolve conflict without resorting to aggression



The FEEL Technique



FOCUS
on Feelings



EXPLORE
Possible Solutions



EMPOWER
the Child to Pick
a Solution



LEARN
from it

F

Focus on the Feeling

- Try using pictures or drawings of different emotions to help your child **learn and label them**
- Connect each feeling with **physical cues** (e.g., mad = hot face, tight muscles; scared=fast heartbeat, sweaty hands)
- You could say: ***“It looks like you feel worried.”***





Explore Possible Solutions

- **Redirect** or distract child with a different or soothing activity
- Offer **self-regulating strategies** (e.g., deep breaths, counting to 5, humming, drinking water, spending time alone)
- Offer **co-regulating strategies** (e.g., asking for a hug, singing a song together, hand-holding)



Coping Skills

Types of coping skills:

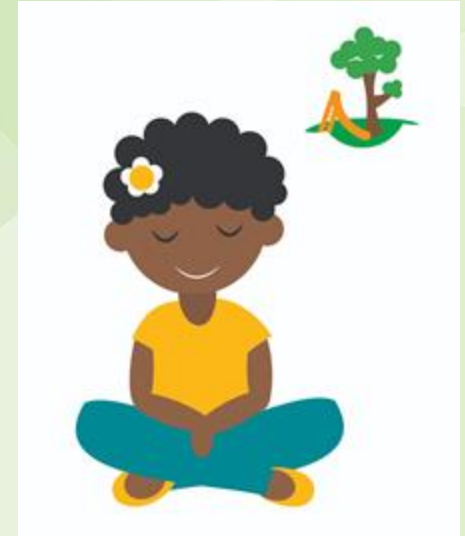
- **Distraction** involves engaging in a pleasant activity that is not related to the situation.
- **Relaxation** involves relaxing your body and releasing tension.
- **Positive Self-Talk** involves saying simple statements to yourself that promote positivity, provide reassurance, and feel empowering.





Empower the Child to Pick a Solution

- Refer to different solutions that the child has already learned
- Allow time for the child to choose a solution when they are experiencing big, challenging feelings in the moment



"I Feel, I Can" Poster

A tool designed to
support you and
your child cope
with big feelings.



I WANT TO CHANGE MY MOOD! I CAN...



Take deep breaths

20

Count to twenty



Drink some water



Stretch my body



Get a hug



Have a snack



Play with toys



Make some art



Listen to music



Learn from It!

Talk about the situation with your child to help them identify what:

- makes them upset and
- what makes them feel better.

This will help them gain confidence in their ability to deal with difficult situations.



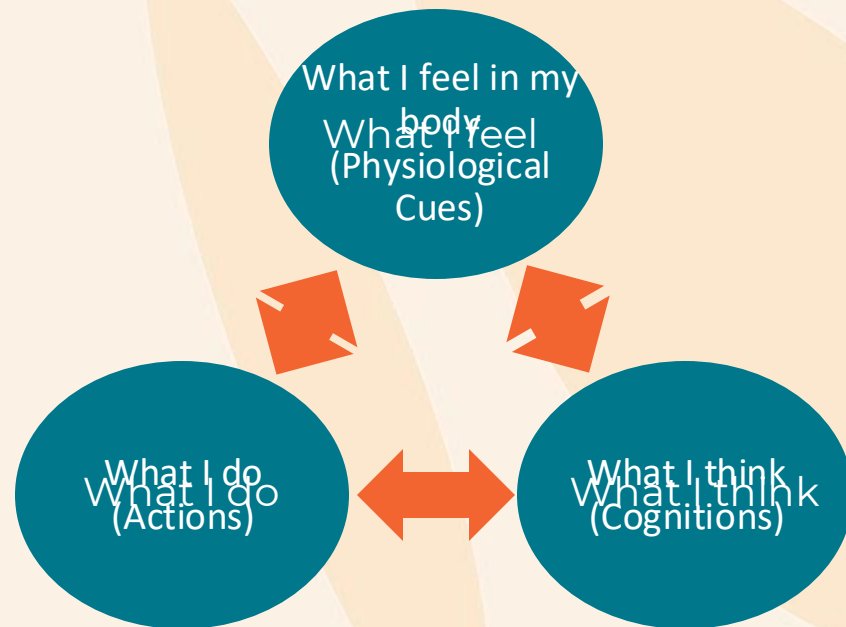
BIG transitions can
lead to **BIG** feelings

What is Anxiety?

- **Anxiety** is a feeling of worry or nervousness, and can affect a person's behaviour and thoughts.
- Feeling anxiety from time to time is **NORMAL** and **NECESSARY!**
- **Separation Anxiety** is a heightened feeling of worry about separating from a parent, guardian or family member.



Understanding anxiety for your child and yourself..



What does anxiety look like?

What are my thoughts?

For the child	For the caregiver
<p>“Is something bad going to happen to mom while I’m at school?”</p> <p>“Will my teacher and classmates like me?”</p> <p>“I don’t know who is in my class.”</p> <p>“Is mommy going to come back for me?”</p>	<p>“What if my child gets sick or hurt at school.”</p> <p>“Does my child have the basic skills to do well in kindergarten?”</p> <p>“Are the teachers going to be able to meet my child’s needs?”</p> <p>“I don’t know what my child is doing.”</p>

What does anxiety look like?

What do I feel?

For the child	For the caregiver
Headaches, stomach or body aches, nausea, dizziness, difficulty breathing, etc.	Headaches, stomach or body aches, nausea, dizziness, difficulty breathing, etc.
Sadness, anger, frustration	Fatigue, exhaustion, tiredness, sleeplessness
Worry and fear ("I'm scared")	Worry, irritability, feeling overwhelmed, forgetfulness
Loss of appetite or tiredness (even with full sleep)	Poor appetite or stress eating

What does anxiety look like?

What do I do (behaviors)?

For the child	For the caregiver
Refusal to go to school or elsewhere	Procrastinating - avoid certain tasks
Excessive clinginess, Some regression (e.g. wetting bed, can't sleep alone)	Increased rigidity (e.g. more strict with schedules)
Tantrums	Yelling, Increased angry responses
Repeating questions	Crying, withdrawing, isolating
Avoiding things or saying "no" more often	Talking a lot, complaining a lot

How to ease anxiety

Developing Safe, Nurturing and Predictable (SNP) environments and relationships with your child

- **Addressing THINKING (Worry)**
 - Discuss what to expect for the next day
 - Prepare child for what will happen
- **Addressing FEELING**
 - Normalize & label the feeling of anxiety for child
 - Label the feeling (e.g., “*Looks like you are feeling anxious.*”)
 - Validate and normalize their worry (e.g., “*It’s okay to feel worried sometimes. Everyone worries sometimes.*”)
- **Addressing BEHAVIOR**
 - Instill confidence
 - Praise brave behaviors
 - Teach and practice coping skills



Parenting Tips for Preparing and Building Confidence in Children!

- Start a new routine
- Do some test runs
- Show interest in your child's day
- Communicate with your child's teacher



The 'Good Goodbye' helps to reduce separation anxiety

- Establish a predictable goodbye routine
- Remind your child you will be reunited again
- Give your child tools to use when missing family



See You Later

Before you leave or drop your child off somewhere, share a favorite, fun or special "See you later" saying. Create a new goodbye ritual. Tell them that after it's finished, it will be time for you to leave. Reassure them you will see them later.

Suggested Age

12 months - 2 years

Brainy Background



Transitions can be difficult for toddlers. When you create a goodbye tradition with a "See you later" saying or other ritual, you give them some control, which helps them feel safe.

#119

Learn more at vroom.org

Big Hug, Little Hug

When it's time for a hug, ask your child if they want a big hug or a little hug and then do what they ask. Then you take a turn and say whether you want a big or little hug. You can add other words, like a wiggly hug or a quiet hug.

Suggested Age

12 months - 2 years

Brainy Background

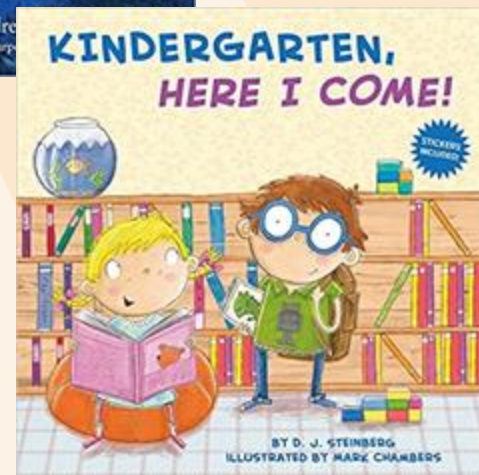
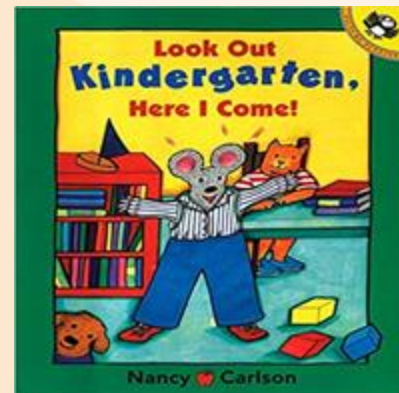


The sense of touch is calming and comforting to your child. These hugs not only make your relationship stronger, they also allow you to share new words and concepts with them, like big and little.

#143

Learn more at vroom.org

Books can help your child transition to Kindergarten



Supporting Yourself

- **Address your FEELINGS**

- Normalize anxiety for yourself
 - It's OK to feel anxious. Permission to feel.

- **Address your BEHAVIORS**

- Use your coping skills (also great to model for children!)
- Reach out to others for support if necessary. You are not alone!

- **Address your THOUGHTS (Worries)**

- Positive self-talk
- Creating predictability for yourself



Remember: Our children feel WITH us and we feel WITH them!

Any questions?



Feedback Survey

<https://forms.gle/RitSEC11xkDB53jD9>



Session 1: Strengthening Your Child's Independence

June 2 @ 6pm

- How can I prepare my child for the school setting and school routines?
- How can I help my child become more independent?

Session 3: Supporting Your Child's Social and Emotional Skills

June 9 @ 6pm

- How do I prepare my child for school separation anxiety and feelings about a new school?
- You will receive a book to help your child learn about school.

Session 2: What to Expect in Kindergarten

June 4 @ 6pm

- What will my child learn in Kindergarten?
- How is Kindergarten different from Pre-K?
- Workshop presented by K teachers!

Session 4: The Power of Play

June 11 @ 6pm

- Why is play important?
- How do I support my child's learning during play and everyday routines?