

Resources to Promote Social Skills



The DECAL Inclusion and Behavior Support Unit is here to support you! We are available to provide coaching and training related to children's social emotional learning and inclusive practices for childcare providers. We are also available to support program staff through the behavior intervention process. All of our services are currently available virtually!

Call or email the SEEDS Helpline today to learn more about how we can assist you! #GaSEEDSforSuccess



Are you looking for fun ideas on how to teach your child about emotions? This resource provides several activities that can help teach your child how to identify emotions. #GaSEEDSforSUCCESS

[Emotion Dice](#)

Helping Children Develop 'Impulse Control'

Excitement, joy, anger, frustration, and disappointment are all part of growing up. Learning how and when to show these emotions is known as impulse control.

Being positive and encouraging is the best way to teach your children to manage their emotions. For facts and tips on supporting your children in managing their emotions, take a look at this resource.

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[Impulse Control](#)



Mindfulness, optimism, and compassion are all contagious. Here are a few tips on practicing mindful parenting that can help reduce stress and anxiety for you and your child. #GaSEEDSforSUCCESS

[Mindfulness for Parents](#)



Looking for positive ways to provide encouragement to young children? Check out these 4 tips to help motivate children. #GaSEEDSforSUCCESS

[Characteristics of Tasks that Motivate Children](#)