

Resources to Understand and Empower Your Child

MILESTONES:
UNDERSTANDING YOUR CHILD'S SOCIAL AND EMOTIONAL DEVELOPMENT FROM
BIRTH TO AGE 5

Social emotional skills are essential in helping children connect to others. For help in understanding your child's social emotional development, take a look at this resource. #GaSEEDSforSUCCESS

[Milestones: Understanding Your Child's Social and Emotional Development from Birth to Age 5](#)



Take time to notice, wonder, and respond to what your child is communicating through their big feelings. This video shows how Elmo's parents handle balancing their responsibilities and play time with Elmo. #GaSEEDSforSUCCESS

[Notice, Wonder, Respond](#)



The words we use are important to a child's emotional health and self-esteem. Encourage your child with these 8 empowering statements. #GaSEEDSforSUCCESS

[8 Statements to Empower Your Child](#)



"It's time to clean up." Children do not always like to hear those words. This resource will provide strategies that will help take the challenge out of clean up time. #GaSEEDSforSUCCESS

[Family Routine Guide Snapshot: Your Child Doesn't Want to Clean Up](#)



Are you wondering why your child won't fall asleep at bedtime, and what you can do to turn things around? This resource provides strategies to help create a successful bedtime routine. #GaSEEDSforSUCCESS

[Family Routine Guide Snapshot: Your Child has a Hard Time Going to Sleep](#)



Quiet time helps calm a child's mind and body, and it gives them a break from constant stimulation in their environment. To make the most of your child's quiet times, try out the strategies in this resource. #GaSEEDSforSUCCESS

[Family Routine Guide Snapshot: Your Child Does Not Want to Have a Quiet Time](#)