

Strategies to Support Building Relationships



Families and caregivers play an important role in helping young children understand social behavior. Check out this resource for tips on helping your child build healthy relationships. #GaSEEDSforSUCCESS

[Work and Play Together](#)



Having empathy is a key ingredient in helping children become the best person they can be. Join your child in watching this video to learn what empathy is. #GaSEEDSforSUCCESS

[Sesame Street: Mark Ruffalo: Empathy](#)



Spending quality time with family has many positive effects on children's social emotional development. Try out these ideas for quality fun family time. #GaSEEDSforSUCCESS

[Move Together](#)



Everyone needs friends! For tips to help your child learn friendship skills, take a look at this resource. #GaSEEDSforSUCCESS

[Making and Keeping Friends](#)



Having a self-care plan can help improve your overall wellbeing, assist with stress management, and help your long-term health. For tips on creating an action plan for self-care, take a look at this resource. #GaSEEDSforSUCCESS

[Feel Good Friday](#)