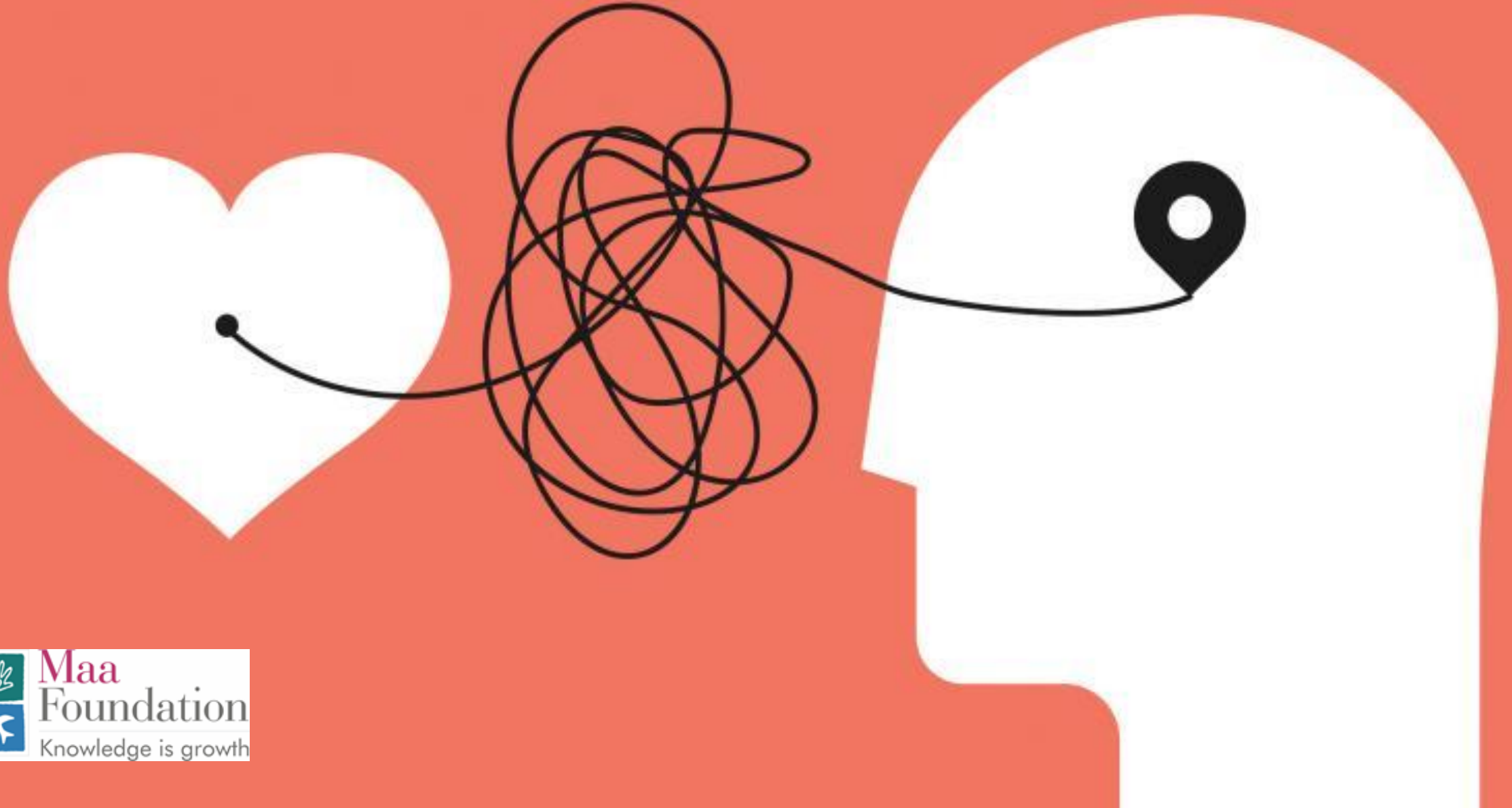


A close-up photograph of two hands, one larger and one smaller, holding each other. The larger hand is on the left, and the smaller hand is on the right. The background is a soft, out-of-focus gradient of light blue and white.

# Socio-Emotional development

- How many times do you use words like.. You are a good boy/girl?
- How many times during the day you use the words like.. Do not touch/no/not allowed?
- When you go out along with your children do you force them to greet others and interact with them ?
- Do you know children in a day have more mood swings than a young adult?

# How do we develop EMOTIONS?



# EXPERIENCE

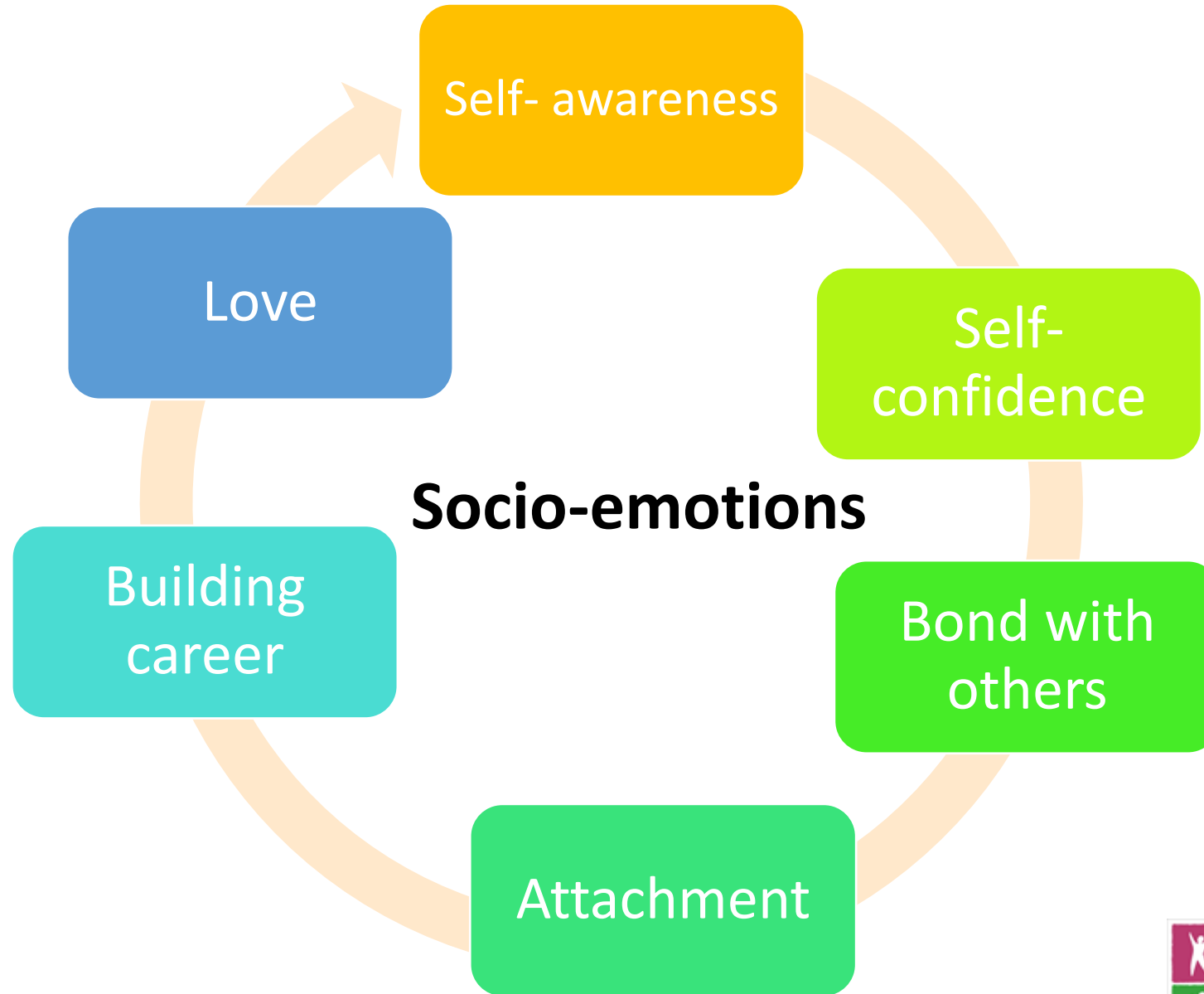
# SELF -TALK

# EMOTIONS

Childhood feeling  
of love Is like air  
You cant see it  
But you can feel it  
everyday, everywhere  
And in everything

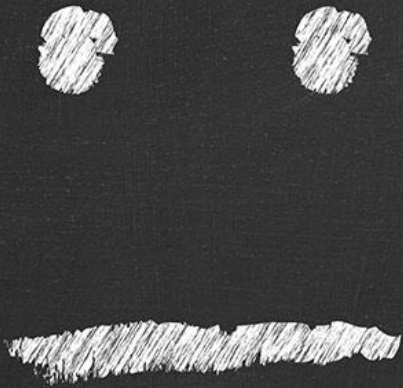
– Narayan Jha







# Why socio-emotional development is required ?



**UNDERSTAND**



**VALIDATE**

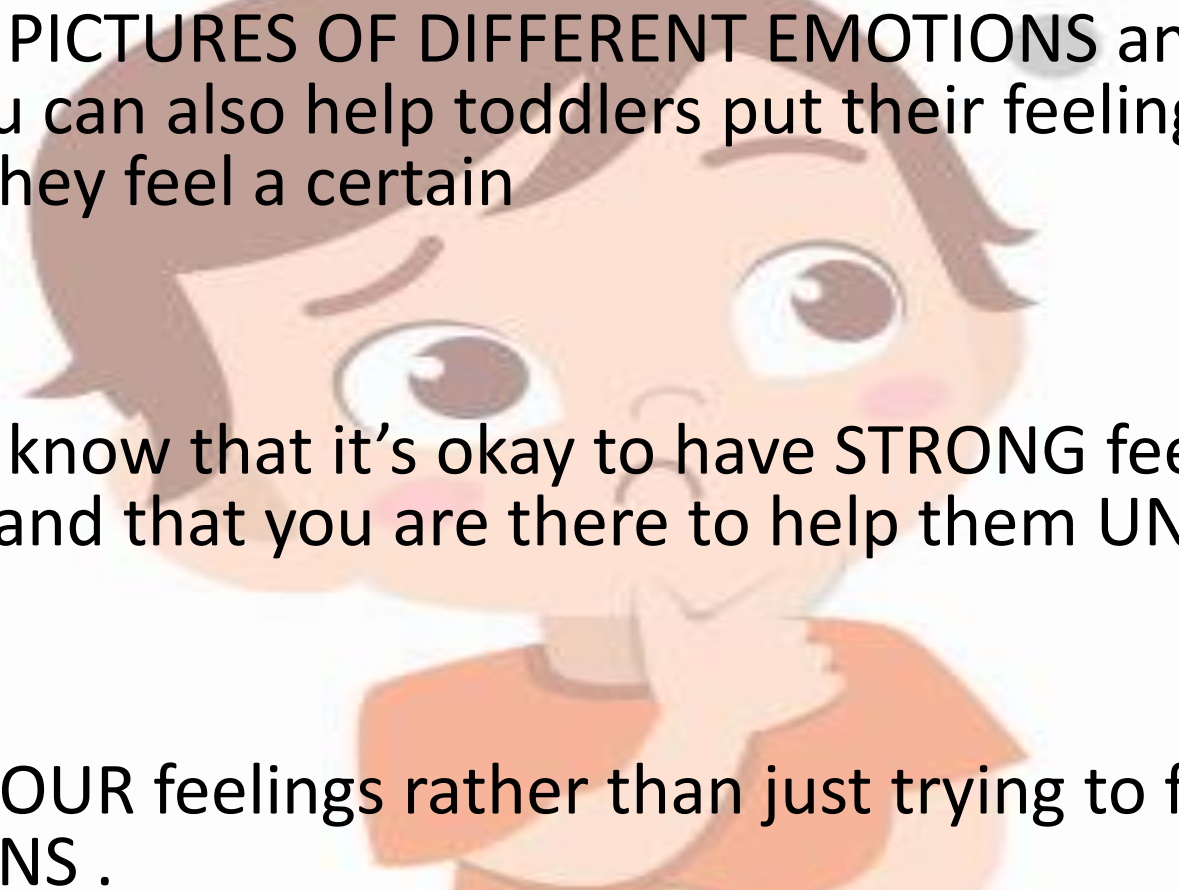


**MANAGE**

# How to develop strong socio-emotional bond?

- RESPECT
- UNCONDITIONAL LOVE
- ATTENTION

# Talk about Feelings

- 
- You can use PICTURES OF DIFFERENT EMOTIONS and label them for children. You can also help toddlers put their feelings into words and talk about why they feel a certain way.
  - Let children know that it's okay to have STRONG feelings, like anger or frustration, and that you are there to help them UNDERSTAND those feelings.
  - Talk about YOUR feelings rather than just trying to fit them in your EXPECTATIONS .

# Acknowledge their emotions

- You had a fall, I understand you are scared and injured let us clean the wound.  
(आप गिरे थे, मैं समझता हूँ कि आप डरे हुए हैं और घायल हैं, चलो घाव को साफ करते हैं।)
- You haven't got the turn, you might have felt bad.. Would you like to talk more on it?  
(आपकी बारी नहीं आई, आपको शायद बुरा लगा होगा.. क्या आप इस पर और बात करना चाहेंगे?)
- I know you do not want to share your toys, is there anything that we could do to get out of this and share our toys with her.  
(मुझे पता है कि आप अपने खिलौने साझा नहीं करना चाहते हैं, क्या ऐसा कुछ है जिससे हम इससे बाहर निकल सकें और अपने खिलौने उसके साथ साझा कर सकें।)

# Can sudden emotional tantrums be avoided ?

- Stick to routine, inform prior if any changes.
- Convey before transitions occur.
- Prepare mentally yourself and children.
- Provide responsive care and attention.

# Teach to manage emotions

- Practice calm down strategies along with your child.
- Give chance to describe the situation happened.
- Give opportunity to solve their problems on their own.
- Teach to trust their instincts/ trust themselves.

" कुछ तो लोग कहेंगे  
लोगों का काम है कहना"