

Building Block 1

Building Trust and Attachment

KEY MESSAGE

Building trusting relationships with children is one of the most important things parents or caregivers can do to promote children's social and emotional development.



"When I feel safe, I can explore, learn, and grow"

Building Block 2

Promoting and Enhancing Self-Esteem

KEY MESSAGE

Showing young children they are loved, loveable, and capable builds healthy self-esteem.



"When you accept me for who I am and are interested in what I do and what I like, I know I'm special"

Building Block 3

Expressing Emotions

KEY MESSAGE

Showing young children how to identify and express emotions helps them gain a sense of control, share experiences, and build healthy relationships.



"When you acknowledge my feelings I can acknowledge them too."

Building Block 4

Expressing Emotions

KEY MESSAGE

Positive relationships help children feel good about themselves and build a foundation for future social and emotional well-being.



"When I feel connected to the important adults in my life, I can understand how others feel, solve problems, and get along with my friends and family"