



### HOW TO GET HELP

If you have concerns, talk to your doctor. Your pediatrician or family doctor can provide health information, developmental and medical health screenings and referrals.

**OMH CUSTOMER RELATIONS:  
800-597-8481**

### CONTACT YOUR LOCAL OMH FIELD OFFICE:

Central New York Field Office	(315) 426-3930
Hudson River Field Office	(845) 454-8229
Long Island Field Office	(631) 761-2886
NYC Field Office	(212) 330-1650
Western New York Field Office	(716) 533-4075

## SUPPORT YOUR CHILD’S SOCIAL AND EMOTIONAL DEVELOPMENT

Your child’s social and emotional development (mental health) — how he or she manages emotions and relates to others — is as important as physical health. Social and emotional development is not as obvious as physical health, but it’s vital for future success — in school and in life.

### WHY IT MATTERS

Your child’s social and emotional development affects every part of his or her life. Children who develop good social and emotional skills:

- Make and keep friends
- Understand and express emotions
- Are ready for school
- Think clearly and learn new things

### YOU CAN MAKE A DIFFERENCE

Your love and attention are as important as food and a place to live. When you play with your child and praise good behavior, you’re supporting your child’s social and emotional development — and building a foundation for a lifetime of success.

### INSIDE YOU’LL LEARN ABOUT:

- Social and emotional milestones for your child
- How to support your child’s social and emotional development
- When to be concerned
- Where to go for help



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# Promoting Your Child’s Social and Emotional Development

## A GUIDE FOR PARENTS OF FIVE TO TEN YEAR-OLDS



### BUILDING HEALTHY FOUNDATIONS FOR A LIFETIME OF SUCCESS

5 TO 10 YEAR-OLDS	WHAT TO EXPECT	WHAT YOU CAN DO	WHEN TO BE CONCERNED
<p><b>YOUR CHILD AT HOME</b></p>	<ul style="list-style-type: none"> <li>• Enjoys doing things as a family</li> <li>• Understands other people’s feelings and points of view</li> <li>• Cooperates and is helpful</li> <li>• Has lots of energy</li> <li>• Has control over her behavior and negative feelings</li> <li>• Is proud of new skills</li> <li>• Can bounce back after failure</li> <li>• Occasionally worries, has challenges with self-esteem and self-confidence</li> <li>• Makes friends with other children</li> <li>• Wants to participate in activities, such as after-school arts and sports</li> </ul>	<ul style="list-style-type: none"> <li>• Encourage your child to make friends and involve him in activities with children his age</li> <li>• Know who your child is around and stay involved in her friendships</li> <li>• Encourage your child and praise good behavior</li> <li>• Be a good role model: show understanding, respect and patience</li> <li>• Take breaks from technology to play with your child</li> <li>• Ask how your child is feeling, such as: “You seem angry”; “Are you upset about something?”</li> <li>• Set clear rules and limits— If you’re angry, calm down before disciplining your child</li> <li>• Explain why helping or sharing is important</li> <li>• Help your child solve and cope with problems</li> </ul>	<ul style="list-style-type: none"> <li>• Clings to you or wants to stay home all the time</li> <li>• Withdraws, or acts out by hitting</li> <li>• Has temper tantrums over little things</li> <li>• Can’t calm herself or be soothed by you</li> <li>• Says negative things about himself or others</li> <li>• Often seems out of control or takes unsafe risks</li> <li>• Cries or laughs excessively or engages in other extreme behavior</li> <li>• Thinks only of herself; can’t tell how her actions make others feel</li> <li>• Witnessed violence or had a traumatic experience</li> </ul>
<p><b>YOUR CHILD AT SCHOOL</b></p>	<ul style="list-style-type: none"> <li>• Is included in group activities</li> <li>• Follows rules and routines</li> <li>• Gets along with the teacher</li> <li>• Makes new friends and spends time with other children after school</li> <li>• Solves simple problems, such as sharpening a pencil when it breaks</li> <li>• Expresses many feelings</li> <li>• Seeks praise, wants to be best and first</li> <li>• Takes reasonable risks, such as speaking in front of the class</li> </ul>	<ul style="list-style-type: none"> <li>• Get to know your child’s teacher</li> <li>• Listen and talk to your child about school</li> <li>• Ask about the best and worst parts of your child’s school day</li> <li>• Talk to your child about classmates and friends</li> <li>• Get to know parents of your child’s classmates</li> <li>• Volunteer at your child’s school</li> <li>• Get involved in your child’s activities</li> <li>• Encourage creativity by involving your child in art, music, writing or games</li> </ul>	<ul style="list-style-type: none"> <li>• Acts out in class</li> <li>• Refuses to go to school</li> <li>• Is worried about failing or making mistakes</li> <li>• Feels left out or rejected</li> <li>• Doesn’t listen to directions or does the opposite of what the teacher asks</li> <li>• Is overly nervous or shy</li> <li>• Is aggressive or bullies others</li> <li>• Gives in to peer pressure to do things he wouldn’t do on his own</li> <li>• Won’t share or take turns</li> <li>• Doesn’t have friends</li> </ul>

**YOUR CHILD DEPENDS ON YOU**

It is important to take care of yourself, too. Talk to your doctor if you:

- Feel tired, depressed, worried or overwhelmed, and these feelings don’t go away
- Don’t enjoy spending time with your child
- Are having a hard time with your own emotions and relationships
- Witnessed violence or had a traumatic experience

