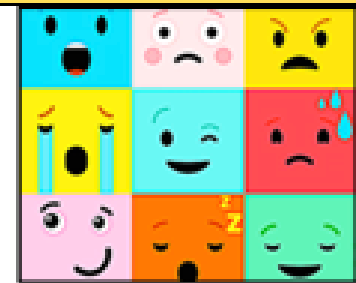


2020 Social-Emotional Learning Calendar



Monday

Children need the consistency of routines to maintain a sense of comfort and security, learn independence and self-control, and to develop healthy lifestyle habits. The COVID-19 pandemic has caused profound changes in children's routines. In particular, many families are struggling to maintain healthy naptime and bedtime routines.

Visit www.babysleep.com for free, expert-based sleep advice from the Pediatric Sleep Council you can try at home.

Tuesday

Parenting is an intensely emotional experience. There are times of pure joy and pride, as well as times of sadness, anger, and frustration. Add in the stress of quarantine, and families may be experiencing even more powerful emotions than usual. It's important for adults to find warm, nurturing ways to support children during challenging times.

Here is a [step-by-step guide](#) to follow when finding yourself in an emotionally intensive moment with your child.

Wednesday

Parenting in a Pandemic: Tips to Keep the Calm at Home

Fear, uncertainty, and being holed up at home to slow the spread of COVID-19 can make it tough for families to keep a sense of calm. But it's important to help children feel safe, keep healthy routines, manage their behavior and build resilience.

[Here are some tips from the American Academy of Pediatrics \(AAP\) to help your family through the outbreak.](#)

Thursday

Mindfulness scavenger hunt:
Together with your child, find:

- things you can see
- things you can feel
- things you can hear
- things you can smell
- things you can taste

Take time to explore each item and talk about them with your child using words such as soft, smooth, scratchy, sweet, cold, bright, loud, etc. Slow down and enjoy the process of using your senses!

Friday

[Video chatting](#) is a great way for young children to stay in touch and learn with loved ones. Here are 5 tips to keep in mind: (1) Make it interactive - sing songs, dance, or play a game like peek-a-boo, (2) Read a picture book or use toys like puppets and stuffed animals; share a snack together, (3) Be the "hands" of the person on-screen to tickle, hug, or kiss your child, (4) Explain technical difficulties like dropped calls or a frozen screen in simple terms, (5) Let your child get involved by pressing buttons to make a call or hang up.

Caregiver Self-Care Tip

Gratitude is linked to greater happiness and life satisfaction. Simply expressing gratitude can have lasting effects on the brain, as well as one's health and productivity. Consider practicing gratitude in these ways: (a) Make it a routine for you and your child to share 3 positive things that occurred each day at bed-time, (b) Keep a gratitude journal where you write down something you're grateful for each day, (c) Write a thank you note or email expressing your appreciation to someone, (d) Share at least one compliment or practice an act of kindness each day.