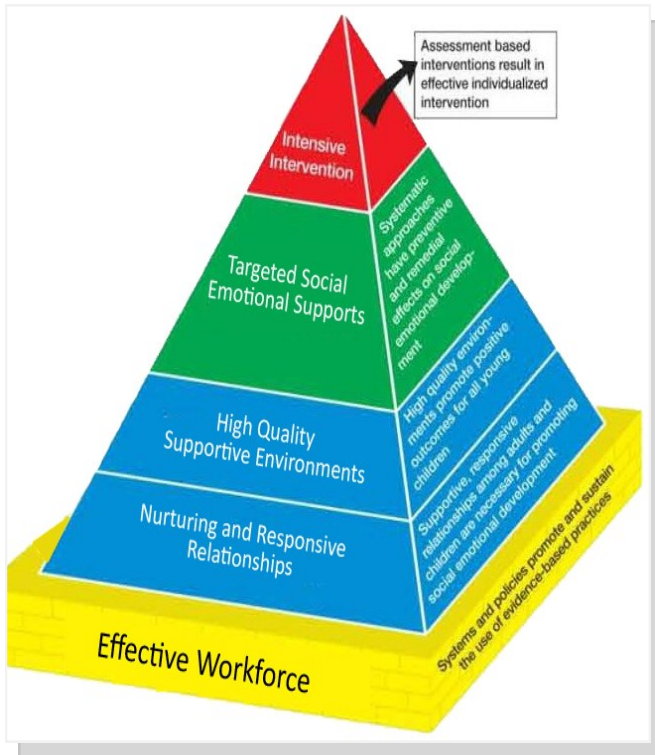




Pyramid Model Promoting Social and Emotional Competence in Infants and Young Children



Saginaw Public Schools Pre-K Program

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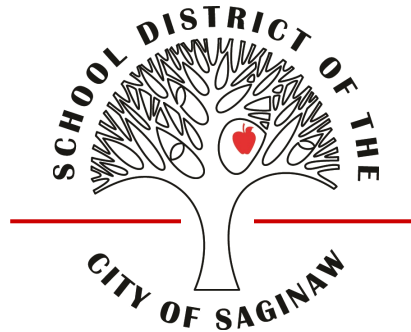
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Pre-K
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Mental Health Specialist:
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Pre-K Program Social Emotional Mental Health Support





Pre-K Social Emotional Mental Health Support:

The Social Emotional Mental Health Specialist offers a wide range of support and services to the teachers, students and families of our Pre-K family, including, but not limited to:

- Referral and data collection from teachers
- Liaison between classrooms, families and agencies
- Behavior/social emotional concerns
- Observations/assessments
- Small/large/individual group sessions
- Support plans for students
- Classroom support
- Parent/Caregiver support
- Outside agency referrals
- Trainings and workshops for parents and staff



What is Social and Emotional Health?

Social and emotional health is a child's growing ability to:

- Form strong relationships with others
- Express and manage emotions
- Explore the world around them and problem-solve

How Does Social-Emotional Health Affect School Readiness?

Teachers say that social-emotional skills are key to school readiness. Many say they are even more important than “the ABC’s and 1, 2, 3’s.”



Children do well in school if they can:

- Get along with others
- Make friends
- Share and take turns
- Care about how other people feel
- Communicate feelings
- Calm themselves when upset
- Ask for what they need

Children with the skills above are better able to:

- Pay attention to the teacher
- Follow simple instructions
- Stay in their seats
- Stick with the task at hand
- Try new things
- Solve problems



Signs of Social Emotional Health

Infants and Toddlers age 0-3:

- Cry, coo, smile and laugh
- Look at faces
- Accept comfort from a familiar person
- Seek comfort
- Show curiosity
- Express many feelings

Preschoolers age 3-5:

- Begin to show feelings for others
- Try new things
- Play well with others
- Play make-believe
- Listen to gentle reminders
- Accept changes in routine

Early Elementary ages 5-8:

- Show respect and kindness towards others
- Develop and keep friendships
- Begin to work independently
- Enjoy challenges
- Focus attention to solve problems and complete tasks