

HOW TO SUPPORT YOUR CHILD'S SOCIAL & EMOTIONAL WELL BEING

ACTION #1: SPEND TIME WITH YOUR CHILD

Birth-5 Years	6-10 Years	11-15 Years	16-18 Years	19-24 Years
<ul style="list-style-type: none"> Babies/Toddlers read your face – be face-to-face and make eye contact when you talk/they babble. Respond to their cues – react when you think they're looking for you. Cuddle & hug your baby/toddler as often as you can each day. Make time to play with your child - try babbling, singing, jigsaws, blocks, reading, art, fun at nappy change or bath time. Encourage your child to choose what to play. Follow a predictable routine each day – then they'll know you're there when they need you. 	<ul style="list-style-type: none"> Show your interest by telling them about your day, and then hearing about their day. Respond to their cues – react when you think they're looking for you. Cuddle and hug your child often each day. Make time to play with your child - try for at least 15 minutes each day. Try jigsaws, blocks, reading together, art, a sport, dancing/singing, and board games. Encourage your child to choose what to play. Follow a predictable routine each day – then they'll know their time with you. 	<ul style="list-style-type: none"> Spending time together gives space for connecting – then talking will come. Be around for their quiet time. Respond to their cues – react when you think they're looking for you. Do something together at least once a week – try a hobby they like, something they suggest. Find a hobby you might enjoy together. Make opportunities to be together – e.g. eat meals together. Give comforting hugs when you think they are needed/welcome. Follow a predictable routine each day - – then they'll know their time with you. 	<ul style="list-style-type: none"> Spending time together gives space for connecting – then talking will come. Be around for their quiet time. Respond to their cues – react when you think they're looking for you. Do something together at least once a week – try a hobby they like, something they suggest. Find a hobby you might enjoy together. Make opportunities to be together – e.g. eat meals together. Give comforting hugs when you think they are needed/welcome. Follow a predictable routine each day – then they'll know when to get time with you. 	<ul style="list-style-type: none"> Spending time together gives space for connecting – then talking will come. Be around for their quiet time. Try to find a hobby or interest to do together regularly. Reach out and invite them to spend time with you, doing something they suggest. Give comforting hugs when you think they are needed/welcome. If you make arrangements, stick to them.



Some helpful websites include:

- www.parenting24seven.ie
- www.helpmykidslearn.ie