



Nebraska Association  
for Infant Mental Health

# Supporting young children's Social-Emotional Needs after change

Relationships, routine, and supportive teaching of social-emotional skills have always been important. After any big change these become even more essential! Here are a few reminders of those important steps you can take towards ensuring young children's social-emotional needs are met and they are able to thrive!



**Be available for hugs, cuddles, and comfort.**



**Have a flexible routine that communicates predictability and safety, while also accommodating for free time and play.**



**Identify ways for children to express their feelings (all feelings are okay).**



**Meet children's needs with love and nurturance.**



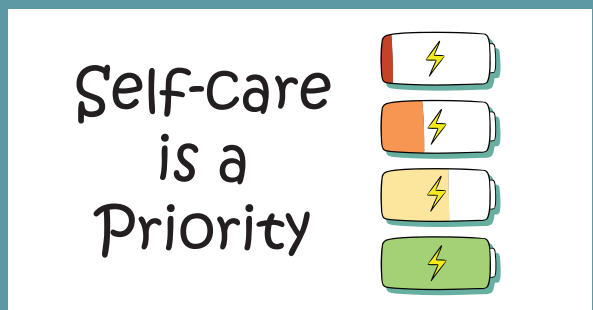
**Use visual cues to help children plan their day and serve as helpful reminders for what happens next.**



**Use storybooks. Books are powerful ways to support and teach children about their emotions.**



**Play is a powerful way for children to learn and grow.**



**Take care of yourself, ask for, and accept help.**