



# Parent Tip Sheet

## Social Emotional Development

**S**ocial and emotional development means how children start to understand who they are, what they are feeling and what to expect when interacting with others. A child's emotional development lays the foundation for relationships with others. These early skills include:

- How your child understands and expresses emotions;
- How your child grows to think about him or herself;
- How your child learns to regulate emotions and interact with you and others in his or her environment.

A confirmation that your child is deaf or hard of hearing can prompt many emotions, some of which may be challenging. This is a common experience among families. It is important to work through these feelings.

Continue to interact with your baby! Maintain focus on your emotional well-being, as this can impact the emotional well-being of your child. Being deaf or hard of hearing will not necessarily impact your child's social and emotional development, although it can. Having a child who is deaf or hard of hearing may change some things about how you interact and communicate with your child, however there are many ways to support your child's social-emotional development and well-being.



- ✓ Touch your child lovingly and often (cuddle, comfort, massage).
- ✓ Sing or sign a song to your child.
- ✓ Engage in turn-taking games, such as pat-a-cake, peek-a-boo, tickle games, and making faces at one another.
- ✓ Build predictable routines.
- ✓ Respond to emotional states with understanding and calmness. Recognize your role in your child's well-being.
- ✓ Use language to describe your feelings and those of your child. Build a strong vocabulary of words/signs for emotions.
- ✓ Look for your child's pleasure in accomplishing new things and let him or her know that it brings you pleasure.
- ✓ Read stories and talk about the emotions of others.
- ✓ Provide opportunities for your child to play with other children and observe how your child engages with others.
- ✓ Play with your child as often as possible. Experience the joy of parenthood!
- ✓ Interact with diverse deaf and hard of hearing adults.



\*Share these with your Early Intervention providers/parent to parent support providers who have experience with children who are deaf or hard of hearing and discuss ideas on how to implement these tips with your child. <https://handsandvoices.org/fl3/topics/tipsheets.html>

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