



SPRING TIPS FOR FAMILIES

Spring brings more opportunities for outdoor play, growing independence, and new discoveries for young children.

By supporting social-emotional learning, families can help children build confidence, strengthen relationships, and continue developing skills as they explore the world around them.



Positive Emotional Development
and Learning Skills



Growth

- Praise effort more than outcomes
- Notice small changes and progress
- Encourage "I can try" language



Curiosity

- Ask open-ended questions daily
- Follow your child's interests in play
- Explore nature and notice changes together



4 Things to Focus on this Spring

Outdoor Play

- Encourage unstructured, child-led play outdoors
- Let children explore natural materials safely
- Join play without directing.



Regulation

- Name feelings in real-time moments
- Practice calming breaths outdoors
- Offer movement breaks during stress

