

# Coping Social Emotional Learning Resources

**Daily Schedule:** Being at home with your preschooler all day can be hard. Having a loose schedule can actually reduce anxiety for you and your children. Here is a [daily schedule](#) from a parent of a preschooler that can be customized to fit your family.

**Behaviors to Expect:** There are many behaviors that you can expect during this time. Due to the nature of what is going on in the world and changes in daily routine, you can expect increases in behavior and regression. Your big kid may end up crying or whining more than usual and become clingy. This is normal. A routine, lots of love and deep breaths can support you and your child at this time. You can also call your child's preschool teacher for support. Some resources to help: [Positive Guidance for Children: Multiple Languages Consistency: Multiple Languages Having a Good Day Having a Good Day-Spanish Managing Challenging Behavior-Video](#)

**Talking to Your Preschooler about COVID-19** In this uncertain time information can be really powerful. Here are some developmentally appropriate ways on how to speak to your child about COVID-19. [Talking to your kids about Coronavirus Videos-Tips for Parents](#) [Mass General Tips Videos- Tips for Parents](#) [Coping with Changes in Routine Videos for Kids](#) [Social Story on Coronavirus \(Video\)](#) [Why Can't We Go to School-Social Story -English](#) [Why Can't We Go to School-Social Story Multiple Languages](#)

**Independent Learning Skills:** Being at home is a great time to work on independent living skills. Here are some great ideas: [Independent Learning Skills](#)

## **Social-Emotional Learning (SEL) Skills and Resources:**

If you are looking to support your child's social-emotional growth at home here are some links to Read Alouds and SEL supports: [Taking a Break and Calming Down-Multiple Languages](#) [Supporting Adult Relationships: Multiple Languages-For Parents](#) [Self Regulation Social Story-English](#) [Self Regulation-Social Story Spanish](#) [Sesame Street Feelings Song-Video](#) [Daniel Tiger's Happy Song](#) [Sharing Skills: Videos- Video Support for Parents to model](#) [Saying Please and Thank You-Video](#) [The Color Monster](#) [The Way I Feel-Read Aloud](#) [Pete the Cat and His](#)

Four Groovy Buttons -Read Aloud 10 Self Regulation Games- No Equipment Go  
Noodle Second Step-Access to Remote Learning

***Community  
Supports:***

**Parent Stress Line: 1-800-632-8188 24/7 Multiple  
Languages**

**MASS 211: For links to all community resources Chat/text/Multiple Languages**

**Parent Self Care:  
Mindfulness for  
Parents  
Self Care tips Working from  
Home and Coping Coping Skills  
in Spanish**

**Follow West Springfield Community and Family Engagement on Facebook  
for more self-care tips**

**Community and Family Engagement  
(CAFE)**