

THE **EARLY CHILDHOOD WELLNESS**

NEWSLETTER



Problem Solving & Conflict Resolution

Cooperation, problem-solving, and conflict resolution are emerging skills that your child is developing. Having interactions with other children, creates opportunities for them to experience conflict. This may sound scary, but it's actually the foundation of how they will learn to conflict resolution strategies!

As caregivers, it can be tempting, or even easier, to resolve children's conflicts for them. However, if you have the chance to **model what conflict resolution or communication can look like**, this can be a valuable teaching moment.

For example, if you notice your child is having challenges sharing, you might say, "Misha, can you use your words and say, 'Clay, can I take a turn using that toy?'" Or you might say, "Misha, can you tell Clay, 'I am using this toy right now. You can use it after me.'" Then provide much-needed praise when they follow through: "I love that you shared your feelings with your friend!"

Did you know?

March is both **Women's History Month** and **Developmental Disabilities Month**.

This month, we can work together to promote awareness of what this means, and work to **reduce stigma** around differences between one another. Children deserve to be given the same opportunities, regardless of gender. People with disabilities deserve to be included and accepted. They have dreams, hobbies, careers, and friendships, just like those without disabilities.

We invite you to consider ways you can promote **inclusivity** and **acceptance** in your home or classroom. It's never too early to teach children about accepting one another.

Virtual Parent Workshop Series

March 16 | Session 7: Communicating with Young Children

Interested in practical, positive parenting strategies?

Join our monthly Parent Workshop series based on STEP (Systematic Training for Effective Parenting) for Young Children Under Six. FREE books are available for pick-up at:

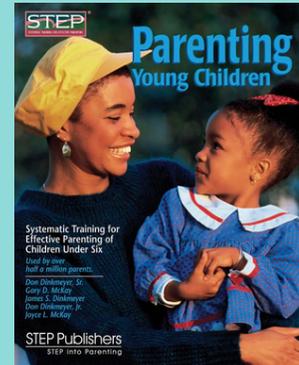
4850 Mark Center Dr, Floor 6



**REGISTER
HERE**

Key takeaways from Session 6:

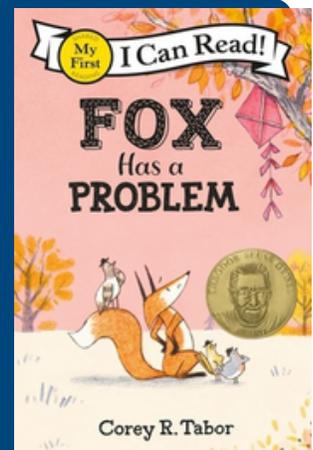
- Encourage children to make choices and appreciate their efforts without demanding perfection or making comparisons.
- Show love through words, appreciation, physical affection, quality time, and respect for all behavior.
- Children can heal from unmet emotional needs and trauma with supportive, compassionate caregiving and early intervention.
- Parents should also encourage themselves—value yourself and face challenges with courage.



Resource: Fox Has a Problem

Fox has a problem: His kite is stuck in a tree! But every clever plan creates even more problems for him--and for all his friends. Can they work together to fix things before it's too late?

Fox Has a Problem, written and illustrated by Corey R. Tabor, is a fun and age-appropriate story about problem-solving. While reading to your child, you can ask questions like, "What would you do in that situation? Who might you ask for help?"



We're Here to Support You and Your Child!

The **Early Childhood Wellness** (ECW) program helps families navigate early developmental and social-emotional challenges.

Contact us if your child (ages 0–5) is having social-emotional challenges, you have questions about their development or behavior, you want strategies to support them at home or in care, or you need guidance or referrals to community resources.

Together, we can build a strong foundation for your child's growth this school year.