



# Early Childhood Mental Health

## December Newsletter

### Understanding Social-Emotional Development

Children grow and change so much in their first three years. They learn to walk, talk, and play with friends. They go from needing their parents to help them with everything, to wanting to do everything themselves!

Just like it is important to walk and talk, it is also important for children to develop healthy emotions and relationships with other people.

In the first three years of life, children learn how to express and control their emotions. This means that when you take a toy away from a one-year-old, he might scream or try to hit you. But by the time he is 3 years old, he will be able to control his anger and he might be able to ask for the toy back.

Parents play a very important part in learning to

handle emotions. The way you react to situations shows your child how she should feel and act.



Have you ever seen a child fall down, look around, and wait for an adult to react? If the adult rushes over to check on the child, she might cry. But if the adult says, "You're okay!" and moves on to something else, the child usually will not cry. This is because children learn how they are supposed to feel and act from adults.

Children grow best when they have close relation-

ships with the people that take care of them. This might include parents, grandparents, foster parents, teachers, and close family members. If a baby knows that every time he is hungry his father will feed him, he will learn to trust. When a loud noise scares a child and his mother comforts him, he will feel safe with her.

There are lots of ways to help children learn healthy feelings and relationships. These skills will be very important when it is time to go to preschool and Kindergarten. For now, talk to the mental health consultant if you are worried about your child or need some ideas for how you can help!

### Behavioral & Educational Solutions, P.C.

Volume 1, Issue 9

December 1, 2017



### Book of the Month

Read to your child! Kids love hearing their parents read books. You don't have to read the exact words. Sometimes it's fun to ask your child questions about the pictures instead.

© Guess How Much I Love You by Sam McBratney

### Songs of the Month

Ask your child to sing with you! Even young children like to "sing along" with their parents. If you don't know what song to sing, here are some ideas:

© Mary Had a Little Lamb

© Twinkle, Twinkle Little Star



### Get to Know Your Mental Health Consultant

Your child's daycare center has a **mental health consultant** who helps children, families, and teachers. We come to each center one to four times a month to see how we can support each child. We help teachers and parents learn how to sup-

port **social-emotional development**.

Next time you see one of us, stop and say hi! We love meeting families and learning how we can help. Do you have any concerns about your child's social or emotional issues or behaviors?

If so, we can give you ideas that will help.

We will also have ideas in this newsletter every month, as well as on Facebook and Twitter. Just search for 'Behavioral and Educational Solutions'.

## Behavioral & Educational Solutions

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We are dedicated to delivering multi-disciplinary, culturally sensitive, systems focused on developmentally appropriate services. At Behavioral & Educational Solutions, P.C. (BES) we believe that children do not grow-up within vacuums; hence, our services are driven by the goal of establishing strong, collaborative, engaged relationships between the family, school, and other systems.

Behavioral & Educational Solutions, P.C., is an allied health/related services support company serving DC and Montgomery County. We are a fully bilingual (English/Spanish) company.



**Behavioral & Educational Solutions, P.C.**

## Meet Us!

Our mental health consultants have over 20 years of combined experience helping families and teachers of young children. We are available to meet with parents, observe children, and help teachers support healthy social-emotional development.

Each daycare center has its own mental health consultant. Look here to find the contact person for your child!



**Mawule Sevón**

**Centers:**

- Rosemount



**Andrea Howard**

**Centers:**

- H.D. Woodson HS
- Azeeze Bates
- C.W. Harris
- Paradise



**Angelina Nortey**

**Centers:**

- Atlantic Gardens
- Frederick Douglas
- Ballou HS
- Anacostia HS



**Cindy Cruz**

**Centers:**

- Edgewood
- Roosevelt
- UPO Home Visitors
- Luke C. Moore HS
- Dunbar HS