

Four Ways to Develop a Child's Social-Emotional Skills through Play

It is very important for a child's overall growth and development to introduce social-emotional skills through play. Children need to be aware of their emotions and learn how to successfully manage them when interacting with peers in different settings.

The Concept of Child Development

There are numerous teaching strategies, however this blog will focus on four main strategies that can help you teach and care for your little ones. These pointers will help build different social and emotional skills in order to build a positive and kind community among young adults.

Four types of Child Development

1. **Seeing is believing:** This technique is very effective for children who need extra support to understand the meaning of things. Seeing is believing is basically a technique where you point out something to a child as a visual clue to guide them through a task. For instance, you could point to storage bins and tell children that once they finish playing, the toys should go into these bins. You could use the same technique to point out behaviours. For instance, if a child is rude to you, let them know that you are hurt/upset through your expressions and emotions.
2. **Establish rules:** Everyone needs a few basic rules to guide them through life. Young children are no exception to this. At an early stage it is important to create big rules and small rules, that are followed at home, in school and while outside. The general rule of thumb is categorizing rules into big rules and small rules. Often pairing big and small rules helps children get a clear indication of what they need to follow. Additionally, make your rules clean, concise and always positive, so that children can focus on what you want them to do, as opposed to what you don't want them to do.
3. **Be active and empathetic:** In recent years, the word empathy and what it stands for has been getting a lot of attention. Empathy helps us hold space for others without feeling sorry for them and equips us with the ability to help others and more importantly understand how they are feeling. Some ways you can inculcate empathy in your children is by being active and empathetic when they are talking. Using body language and eye contact to let your child know that you are actively listening and understand their thoughts and feelings, will teach them to do the same for people around them

4. **Hold them accountable:** It is no surprise that everything we do in our waking lives has consequences. More often than not, children are left without facing the repercussions of their behaviour and end up being difficult adults. Using the concept of accountability, children learn to take responsibility for their words and actions. In order for this to work effectively, keeping a neutral tone, avoiding power struggles and punishments is very important.

Developing emotional and social skills is integral for children at an early age to help them develop into conscientious adults with a bright, peaceful and positive future. Among other schools in Muweilah Sharjah, Amity School is one of [the best CBSE schools in Sharjah](#). Apart from a world class education, we firmly believe in social and emotional skills development and continue to produce intelligent and well-rounded students.