

# Social Emotional Development



## How to talk about SE when providing outreach/TA

*“A strong foundation for mental health begins early. Positive mental health provides a foundation of stability that supports all other aspects of healthy development. Children’s social and emotional development and their relationships with others are just as important as their cognitive and physical development.”*

*~ Early Childhood Colorado Partnership*

### Talking Points for Outreach / TA

- Your child’s first 3 years are a window of opportunity for you to make sure they have the strongest possible foundation for success. This is especially true in the first 3 years of life, when children are at their most sensitive to positive and negative influences. (Zero to Three) (\*1,3)
- Children ages 2–5 in child welfare (including those in foster care) have a greater proportion of social, emotional, and behavioral problems than children in the general population. Within child welfare, compared to older children, young children are less likely to receive mental health services. (Zero to Three) (\*2,5)
- Catching developmental delays early can ensure that children receive the support they need to learn to read, write, and interact with others. (Zero to Three) (\*1,2,3)
- Children who are healthy and successful socially and emotionally have a greater chance of becoming economically productive and engaged citizens. (Zero to Three) (\*4)
- Most mental health problems begin with early signs or identifiable risks. Even infants and toddlers in the first 2 years of life can experience risks or more serious conditions. (Zero to Three) (\*1,2,3,5)
- We know that supporting positive mental health helps ALL children have a brighter and healthier future. Each and every one of us has a role to play in supporting children’s mental health. (Illinois Children’s Mental Health Partnership)(\*1,2,3,4,5)
- A strong foundation for mental health begins early. (Early Childhood Colorado Partnership)(\*1,2,3,4,5)
- We know that childhood is the best time to intervene before mental health needs become much greater, and much more costly. We know how to support families and involve them in improving prevention, early intervention, and treatment services. We also know that we must address the stigma surrounding mental health issues. (Illinois Children’s Mental Health Partnership) (\*4)
- Children’s ability to thrive begins to take shape prior to birth and is impacted just as much by their social and emotional development as it is by their physical development. Practices, policies, and services that promote positive early childhood mental health help ensure a child’s success. (Early Childhood Colorado Partnership) (\*4)