



For Families

This Book Can Improve

Cognitive & Social Development

Cognitive & Literacy Skills

- Strengthen verbal comprehension
- Reading daily to your child can improve academic outcomes
- Exposure to rhyme, similes, alliteration, imagery

Social Skills & Self-awareness

- Strengthen empathy when learning about characters & their feelings
- Normalize all emotional experiences
- Prompt discussions to process emotions

Social-emotional Learning

Emotional Regulation

- Use vocabulary & visuals to communicate feelings
- Practice noticing body signals that indicate emotions are changing

Coping Skills

- Learn & practice coping skills
- Try & review a variety of strategies
- Remember & practice the skills that are most helpful

Make a Plan

Promote Safety

- Learn & begin to understand the concept of triggers & examples of coping skills
- **Develop a Plan:** track triggers, body signals, emotions, patterns of behavior, & coping skills

Sometimes, feelings can be overwhelming, making it difficult to use coping skills. In these moments, emotions might lead to unsafe behaviors. However, with regular practice and by revisiting this book when emotions are more manageable, these skills can become easier to apply, helping to keep everyone safe.

Goal of this Book: To improve social, emotional, & behavioral functioning, fostering positive & more understanding relationships between children & adults