



FIRST CLASS PRE-K

February 2026

WELCOME TO OUR

Early Childhood Mental Health Minute

Little Hearts, Big Kindness

Creating Healthy Relationships



Hello Pre-K Families! As we celebrate Valentine's Day, let's expand our definition of love beyond just family to include the important friendships our children are forming. Kindness and social skills are crucial components of mental health, helping children feel connected and confident.

How to Prepare

Learning to form healthy relationships now builds the foundation for your child's friendships, teamwork, and confidence for years to come and it begins with you.

- Spend quality time with your child. Be in the moment and not distracted by anything else.
- Put away the phone and devices
- Show interest in what they are doing. Your attention is all they want and are thrilled when they receive it.

What to Expect

Social-emotional skills are the building blocks of healthy relationships. Understanding and using these skills will help them navigate social situations, reduce conflict and build a strong sense of belonging.

- Positive relationships help a child feel safe, valued and confident.
- Around the age of 4 your child is starting to learn to take turns, share, listen to others and begin to work through small conflicts.
- By modeling respect, kindness and problem-solving in your everyday interactions, your child will learn to copy what they see.

How to Help

When a child is kind, they learn to feel good about themselves. When they receive kindness, they learn that they are valued. This cycle of giving and receiving kindness is vital for developing self-esteem and a positive outlook on the world. As parents, we can model and reinforce these behaviors every day.

- Limit screen time. When children are allowed to explore and play, they get to act out and practice the healthy habits you are trying to instill.
- Teach your child how to give a compliment sandwich. This is two compliments with a request in the middle – “I love playing with you. Can I have a turn with the bubbles next? Thank you for letting me!” This allows them to practice several skills at once.
- Arrange friendly playdates. Focus on cooperative games when they are together instead of competitive ones. This will encourage teamwork and cooperation. Keep the playdate short – about 45 to an hour so they don't become tired and overwhelmed.
- Talk with your child about other people's points of view. “I see you told Johnny he couldn't play with you. How do you think that made him feel?” This helps encourage empathy.

Things to Try

Reading nightly with your child is a great way to wind down from the day, foster a love of reading and provide a special, quiet, one on one time with each other.

Books to Read:

- The Day You Begin – Jacqueline Woodson
- The Kindness Book – by Todd Parr
- A Sick Day for Amos McGee – Philip Stead

Activities to Do:

- Create a kindness chain – write down your daily acts of kindness on to a strip of paper and loop them into a chain. See how long it will become in a month.