

Do you know a...

Distracted Parent?

The term “Distracted Parenting” is used to describe the increased use of electronic and mobile devices of all kinds, including phones, which then leads to less attention given to our children. Some of the results include: an increase in preventable accidents both at home and on the road, less verbal communication with children of all ages, lower language skills and a lack of **social and emotional health**.

What is Social and Emotional Health

Social and emotional health refers to our children’s ability to form close and trusting relationships, interact with and get along with others, recognize and respond to their own and others emotions, share and take turns, communicate their feelings, calm themselves when upset and problem solve.

~~~ It is the most important aspect of our child’s development. ~~~



Disconnecting from ALL devices tells our children  
“YOU ARE MORE IMPORTANT THAN  
THE REST OF THE WORLD”

## What Can Parents (and caregivers) Do?

**Social and Emotional Health starts at birth and builds through a child’s lifetime...**

**\*\*From birth, gently hold and cuddle your child often. Make eye contact, talk to and read with your child every day. They learn from our voice, facial expressions and the examples we set for them**

**\*\*Write stories together. (Writing builds areas of our brain that typing and texting do not.)**

**\*\*Engage in “Active Listening” .....make eye contact and ask open ended questions.**

**\*\*Be active together...exercise, sing, dance, play, explore. Talk about what you see and how you feel.**

**\*\*Set aside time every day to connect with your child...a gentle smile or loving word goes a long way to show them that we love, care about and respect them. Take interest in their interests.**

**\*\*Remember, teens need our love and attention as much as toddlers do. Talk often.**

**\*\*Learn about “The Five Protective Factors” and how they strengthen our family. 1). Parental Resilience , 2). Concrete Support in Times of Need, 3). Social Connections, 4). Knowledge of Parenting and Child Development, and 5). Social and Emotional Competence in Children**

## *Parenting is for a Lifetime*

For more information, speak with your child’s healthcare provider or  
Visit our website at [www.wexfordmissaukeecpc.com](http://www.wexfordmissaukeecpc.com)