

# Little Learners, Big Feelings

## Supporting Social-Emotional Growth & Behavior in Ages 0-5

Young children experience big emotions—and they rely on adults to help them make sense of those feelings. This engaging, practical presentation is designed to support caregivers and professionals in understanding early childhood behavior through a social-emotional lens.

Participants will learn how to view challenging behaviors as meaningful communication, strengthen relationships, and respond in ways that support regulation, safety, and growth.

In this presentation, participants will:

- Recognize behavior as communication
- Understand what infants, toddlers, and preschoolers are really telling us through their actions.
- Learn proactive strategies to prevent “big behaviors”
- Explore practical, developmentally appropriate tools that support regulation and reduce challenging moments before they escalate.
- Respond effectively during moments of dysregulation
- Gain clear, supportive strategies for staying calm, connected, and responsive when children are overwhelmed.

Who should attend:

Parents, caregivers, early childhood educators, childcare providers, home visitors, and anyone supporting children ages 0-5.

Participants will leave with:

- A deeper understanding of early social-emotional development
- Practical strategies they can use immediately
- Increased confidence responding to challenging behavior with empathy and intention

**Because big feelings need safe, steady adults—and small moments make a big difference.**



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