

*Connecting families
with tools, resources, and support
to empower every child's journey*



Supporting Social and Emotional Growth

In this month's edition of PEI Link, we're focusing on social-emotional development. A child's social and emotional health shapes how they learn, connect, and grow. When children feel safe, confident, and supported, they're more motivated to try new things, enjoy learning, and thrive in school and beyond.

Children practice social and emotional skills every day – at home with you, in childcare or preschool, and out in the community – even at the grocery store or playground! Supporting social-emotional growth in these settings might look like guiding interactions with others, helping your child use words to express feelings, or coaching them through frustration and disappointment.

This edition highlights simple strategies you can use to support your child's social-emotional development, along with tools and resources to intentionally teach specific social skills. You'll also find ideas for connecting your child to social opportunities in the community.

If you'd like additional support tailored to your child's individual needs, please reach out to your Early Intervention provider. We're here to help!

Upcoming Events

Thanksgiving Break

Nov 26 - Dec 1

4

DEC

SICC Meeting

[More information](#)

Winter Break

Dec 22 - Jan 4

14

JAN

MLK Jr. Day

No School

*Together, we help
children build the
confidence and skills
they need for lifelong
learning and success.*



BOOKS FOR BIG FEELINGS

Children's stories that build social and emotional skills

Can You Be a Friend?

By Nita Everly

Care Bears Caring Contest

By Nancy Parent, Illustrated by David Stein

Fox Makes Friends

By Adam Relf

How Do Dinosaurs Play with Their Friends?

By Jane Yolen and Mark Teague

How I Feel Frustrated

By Marcia Leonard

I Can Do It Myself (a Sesame Street series)

By Emily Perl Kingsley, illus. by Richard Brown

I'm in Charge Of Me!

By David Parker, Illustrated by Sylvia Walker

Mouse Was Mad

By Linda Urban, Illustrated by Henry Cole

My Many Colored Days

By Dr. Seuss, Illus. by Steve Johnson, Lou Fancher

Sharing: How Kindness Grows

By Fran Shaw, Illustrated by Miki Sakamoto

When I'm Feeling Sad

By Trace Moroney

When Sophie Gets Angry - Really, Really Angry

By Molly Bang



BEHAVIOR BITS

Strategies to support confidence and connection

A child's social and emotional health shapes how they learn, connect, and grow. Children who feel confident and supported are more motivated, enjoy learning, and thrive in school and beyond.

We teach social and emotional skills intentionally by:

- Using children's books
- Planning meaningful activities
- Offering on-the-spot coaching
- Giving effective praise
- Modeling positive behavior
- Providing clear verbal and visual cues

Contact Alicia Sebastian

Behavior Support Specialist, PEI



alicia.sebastian@aiu3.net



FAMILY RESOURCES

Empowering families to support every child's success

Local Libraries in Allegheny County

Looking for free, fun ways to support your child's learning? The Allegheny County Library Association includes 46 public libraries with more than 70 locations across the county. Enjoy story times and early literacy activities, explore books and learning tools for all ages, join creative programs that spark curiosity and school readiness, and connect with friendly, knowledgeable staff.

➔ [Find a library near you.](#)

Family Centers in Allegheny County

Family Centers are welcoming places where parents can connect, children can learn and play, and families can find support. They offer learning programs for infants through preschoolers, parenting groups for families with children up to 18, home visits for pregnant women and families with young children, and advocacy or leadership opportunities for caregivers.

➔ Your neighborhood Family Center is ready to welcome you! [Find a location.](#)

Tools for Supporting Social-Emotional Development

Online resources for simple ideas to use at home:

- [Edutopia](#): Practical, parent-friendly tips for supporting social and emotional growth
- [PBS Parents](#): Everyday routines and activities that teach important skills with familiar PBS characters
- [Sesame Street in Communities](#): Tool kits for families on common topics that impact children's feelings and behavior
- [Vroom](#): A free app with quick, age-based activities that support learning and development

Printable resources to support the strategies that are described in Behavior Bits:

- [Help us calm down: Strategies for children](#)
- [Introducing the Turtle Technique](#)
- [Tucker Turtle takes time to tuck and think at home](#)
- [Social skills: How to help your child learn to share](#)
- [Strategies to help you and your child during challenging behavior](#)

For assistance with resources, contact Marsha Androsik

Preschool Service Coordinator for Family Support  marsha.androsik@aiu3.net



GET CONNECTED

Creating a stronger link between home and school



Early Intervention Technical Assistance Portal (EITA)

EITA supports families statewide by strengthening the quality of Early Intervention services through training and resources.



[Subscribe](#)



[View events](#)

Keep Current

Stay connected with your child's PEI services on Keep Current. Access IEPs and evaluation reports, review session notes, and sign forms. Need help logging in? Contact your child's team.



mykeepcurrent.com

Local Interagency Coordinating Council (LICC)

The LICC unites families, professionals, and community members to strengthen Early Intervention for young children with developmental delays and disabilities.



412-689-5849



marsha.androsik@aiu3.net



Visit the [LICC Website](#) to register for meetings

Pennsylvania State Interagency Coordinating Council (SICC)

The SICC is a Governor-appointed council that works with the Departments of Health, Education, and Human Services to ensure Early Intervention services are available and coordinated for children and families.



To receive updates and register for meetings, email RA-PWSICC@pa.gov

Parent to Parent

Parent to Parent links families with shared experiences to provide encouragement and support. No parent should feel alone.



1-888-727-2706



parenttoparent.org



KNOW YOUR RIGHTS

Procedural Safeguards

You can find the [Procedural Safeguards](#) anytime in your Parent Library on [Keep Current](#), or request a copy from our office. If you have questions or concerns about your child's services, talk with your child's teacher or therapist – or call our office to connect with a PEI Supervisor.

Contact PEI



412-394-5986



[PEI website](#)