



# Developing Everyday Coping Skills in the Early Years: Proactive Strategies for Supporting Social and Emotional Development

*Erica Frydenberg, Jan Deans, Kelly O'Brien*

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This book will help develop coping skills through arts and language-based activities. The strategies suggested build on children's existing knowledge and skills to enhance their learning, and will all contribute to:

- improving all children's emotional health and creativity
- developing resilience, particularly in periods of high stress such as transition from preschool to school
- increasing children's capacity to cooperate, respect and play with others

The authors also explain how to identify children at risk, particularly those experiencing anxiety or delay in social and emotional development, so that parents and practitioners can intervene early where difficulties exist. Practitioners and parents of children aged 3-8 will find a treasure trove of activities to build coping and self-esteem through creative play and imagination.

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