

# TIDBITS FOR PRE-K SOCIAL EMOTIONAL LEARNING WOMEN'S HISTORY MONTH EDITION



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## CLI ENGAGE



### ROLL AND TELL

Learning how to communicate and use language are important preschool tasks that prepare children to build vocabulary and speaking skills. In this game, your child will have the opportunity to use descriptive language by describing familiar pictures.



### SING ABOUT YOUR FEELINGS

This activity will help children develop an awareness of feelings and expand their vocabulary with words that refer to feelings.



### RESPONDING TO YOUR CHILD'S POSITIVE SIGNALS

In this Phonological Awareness Literacy Screening(PALS) Spotlight, parents will learn how to identify and interpret children's positive signals and respond to them in a warm, sensitive, and contingent way that encourages children's communication.

## WOMEN'S WELLNESS



### Black Maternal Mental Health

MMHLA Commitment to Racial Equity

Black Maternal Mental Health Fact Sheet



### DC MD VA Perinatal Mental Health

Community Resources  
Perinatal Mood and Anxiety Disorders Wellness Planning Guide and Resources

DC Mother-Baby Wellness Program



### Check out DC's Women's History Month

Women Pop-Up Social Event

Women Mastermind Event