

SOCIAL AND EMOTIONAL LEARNING

“Social / Emotional skills = People skills = Life skills”

Social and Emotional Learning is a process by which parents and educators teach children non-academic knowledge and skills that they will need to be successful, productive, caring individuals throughout their lives.

Social Skills:

1. Cooperation
2. Sharing
3. Teamwork
4. Relationship building
5. Communication
6. Empathy
7. Relationship repair



Emotional Skills:

1. Identifying emotions
2. Resilience
3. Frustration tolerance
4. Impulse control
5. Perseverance
6. Mood management
7. Coping skills
8. Delaying gratification



Why Teach Social and Emotional Skills?

- Social and emotional skills give children tools that allow them to be in control of their emotions and make good choices about their behavior. Children who have a larger number of alternative skills to draw from have more self-confidence in handling stressful situations
- Children who are skillful at positive social interactions feel more in control of their lives, have satisfying friendships and are less likely to turn to antisocial behaviors
- Social and emotional skills are fundamental building blocks that lead to a child's academic success and a positive school climate
- Teaching social and emotional skills to young children helps them to become more resilient in the face of future stressful situations
- Research has shown that when social and emotional learning, (SEL) occurs children's emotional intelligence (EQ) is bolstered, thus giving them an enormous edge in their personal and professional futures

“The single best childhood predictor of adult adaptation is NOT IQ, NOT school grades, and NOT classroom behavior but rather the adequacy with which the child gets along with other children.” Young Children's Social Development: A Checklist

What Can I do as a Parent?

1. Model appropriate social skills and emotional regulation skills for my child.

Examples: talk calmly during disagreements, take a break/deep breath when angry, display patience ect.

2. Empathize with your child's emotions.

"I see that you are getting frustrated with your homework. I get it. Homework is not always easy. Would you like some help?"

3. Identify times of success when you observe your child use positive social and emotional coping skills. (Praise your child).

4. Avoid placing yourself in a power struggle with your child and give them room for emotional discharge when they need it.

5. Offer positive coping thoughts to your child:

I can do this.

I have succeeded in similar situations in the past.

I can ask for help if I need it.

6. Ignore negative attention seeking behavior.
7. Look for teachable moments in day- to- day life.
8. Consult with a professional if your child is struggling socially or emotionally.

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