

## **Children's Social & Emotional Competence**

Developing emotional self-regulation is important for children's relationships with family, peers, and others. Parents are the primary source as children learn to identify and communicate their feelings.

### **Signs of Social and Emotional Competence in Children:**

- The child knows their parent will respond to them if they have a need
- Parent shows affection and nurturing, child reciprocates
- Child is able to acknowledge and support differences in people
- Shows an appreciation of their culture and the culture of others
- Feels the joy found in the "give and take" of relationships

### **Questions to ask:**

- All families experience conflict from time to time. What happens in when there is conflict in your house?
- How does your child's ability to manage emotions and get along with others compare to other children his or her age?
- Do you have any concerns about your child's social/emotional skills?
- Who might be able to answer your questions about child's social and emotional development?
- How do you know when your child or teen is happy? Sad? Lonely? Hurt?
- How do you talk to your child about feelings?
- How does your child get along with peers?
- How does your child handle feelings such as frustration or anger?
- How quickly is he or she able to calm down?

### **Resources:**

"The Kissing Hand" by Audrey Penn

<https://www.youtube.com/watch?v=1Ewgu369Jw> Brene Brown - The Power of Empathy

<https://www.youtube.com/watch?v=RVA2N6tX2cg> 'Just Breathe' by Julie Bayer Salzman & Josh Salzman

<https://www.youtube.com/watch?v=apzXGEbZht0> Still Face Experiment

<http://www.challengingbehavior.org>

<http://www.bpis.org>

<http://csefel.vanderbilt.edu>

[http://csefel.vanderbilt.edu/resources/social\\_emotional\\_competence.html](http://csefel.vanderbilt.edu/resources/social_emotional_competence.html)