

## **Social and Emotional Development: Overview**

### **Teaching Tips:**

- The modules in the social-emotional pillar can be taught independent of the rest of the curriculum or after having taught the concepts in the pillar one modules.
- As you begin teaching the concepts in the social-emotional pillar, consider what your parents already know. Many parents may be somewhat familiar with the concepts of "social" and "emotional" but they may not realize how important this aspect of development is for young children.
- Parents may understand that social-emotional development is important, but they may believe that physical and cognitive development are more important for a child's outcomes. Helping parents understand the impact of social-emotional development on a child's growth and success is critical to teaching this pillar.
- As you teach parents about this topic, remember to connect the concepts back to parenting as a child's relationship with his or her parent(s) forms the basis for all other relationships in life.
- Use the key messages below as a focus for teaching this topic as well as a summary of the content.

### **Learning Objectives for Parents and Caregivers**

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After learning about social and emotional development, parents and caregivers will be able to:

- 1) Explain the importance of social and emotional development and its relevance for raising healthy children
- 2) Describe the key research findings of social and emotional learning for children birth to five
- 3) Implement parenting strategies and tips to help support the social emotional development of children

### **Key Messages for Parents and Caregivers**

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- 1) Emotional development begins at birth and is an important part of a child's development.
- 2) Parents often focus on a child's behavior. In order to understand the roots of behavior, it is important to understand emotions.
- 3) Children who are able to express their emotions are better prepared to self-regulate, to interact with others; have greater physical health, and are better able to learn.



- 4) Emotional competence includes a person's knowledge of, expression of, and ability to regulate one's inner feelings / emotion.
- 5) Parents need to help children to develop their ability to express their emotions in a healthy manner.
- 6) Emotional Intelligence is a more advanced concept which includes not only the recognition of feelings, but the ability to control emotions in a variety of situations.
- 7) Children learn about emotions through their social relationships.
- 8) In order to become socially healthy, children need to learn to manage their relationships.
- 9) Parents play a critical role in helping children learn to appropriately express and regulate their emotions.

