

Emotion Coaching
**Training and Materials about Social-Emotional Competency of Young Children
for Southern District Family Living Educators**

Project Coordinator:

Joan Laurion, Family Living Educator, Dane County UW-Extension
1 Fen Oak Court
Madison, WI 53718
Laurion@co.dane.wi.us

Project Partner and Trainer:

Kristina Stadler, Local Outreach Manager and Parenting Counts Coordinator
Wisconsin Public Television
975 Observatory Drive, Madison WI 53706
608-265-9693
stadler@wpt.org

Statement of Need:

Social emotional competency or the ability to manage feelings in a social context is a critical component for school success. (From *Neurons to Neighborhoods: The Science of Early Childhood Development*, 2000) Many Madison kindergarten teachers say that the main reason 35% of entering children are not fully prepared is because they lack social emotional skills. They have not learned how to identify their feelings, explore options, and find solutions with other playmates.

When I asked Southern District Family Living colleagues if these were concerns in their communities, 16 educators from 12 counties in the Southern District responded that training and support in social-emotional development of young children would be highly valuable for them and for parents and teachers in their counties.

To address this need and share an excellent social emotional framework developed by Dr. John Gottman (well known for important research on parenting styles), this grant application proposes two parts: 1- one half-day training in *Emotion Coaching* at a 2008 Southern District Family Living monthly training and 2- a package of *Emotion Coaching* materials for workshop participants so they can share the *Emotion Coaching* principles effectively and widely with college level instructors, early childhood teachers, and parents in their counties. You can see the *Emotion Coaching* framework and materials at: www.talaris.org/spotlight_emocoaching_steps.htm

Project Goals:

- 1- Increase the knowledge of UW-Extension Family Living staff about the importance of social emotional development of young children.
- 2- Increase the number of family living educators who understand five research-based steps parents and other adults can use to support children's social emotional competency.
- 3- Increase family living educators' access to excellent research-based educational materials related to social emotional development that can be easily added to current programming for parents and child care providers and also shared with college level instructors.
- 4- Increase the knowledge of parents and early care and education teachers in Southern District counties about how to support young children's healthy social emotional development.

These goals will be achieved when each educator adds *Emotion Coaching* concepts and materials into their programming for parents and teachers of young children. Participants will be asked to agree to share this material in at least five different programs in their counties. Offering educators a generous number of pamphlets will allow them to continue sharing this excellent material long after those five programs. In addition, the nine family living educators who have technical colleges or two or

