

Strategies for Promoting Social and Emotional Development in Young Children for Families

“Social Development involves learning how to have positive relationships with other people.”

“Emotional Development is closely related to social development. It refers to children's feelings about themselves, the people in their lives, and the environment in which they live.”

- 1. Read with your child every day so they will...**
 - Learn to understand themselves and others
 - Think of reading as a pleasant activity
 - Become a lifelong learner
- 2. Help your child recognize and learn acceptable ways to express a range of feelings so they will...**
 - Learn it is ok to have positive and negative feelings
 - Recognize and understand people's feelings
 - Gain self-control
- 3. Teach your child about your family and culture so they will...**
 - Learn what values are important to your family
 - Build a sense of self
 - Begin to understand and appreciate other cultures
- 4. Enjoy your child's company so they will...**
 - Learn to feel good about themselves
 - Learn to express love, affection, and the joy of life
 - See you as a role model
- 5. Use positive strategies to guide your child's behavior so they will...**
 - Learn what is and is not appropriate behavior
 - Develop self-discipline
 - Blossom and be successful
- 6. Accept your child as a unique person so they will...**
 - Grow and develop at their own rate without being compared to others
 - Explore their own special interests and talents
 - Appreciate themselves and others
- 7. Encourage your child to be both independent and cooperative so they will...**
 - Balance their own needs with those of others
 - Set goals and work towards them
 - Play, learn, and live with others



Frustrated
Frustrado



Embarrassed
Avergonzado



Sad
Triste



Mad
Enojado



Scared
Asustado



Nervous
Nervioso



Happy
Alegre



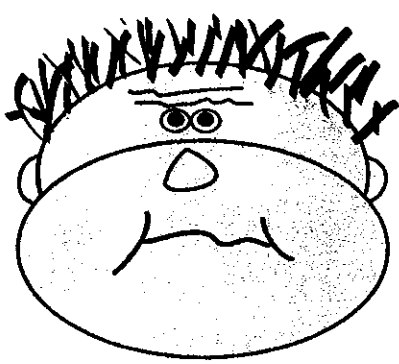
Loved
Amado / querido



Proud
Orgullosa



Lonely
Solitario



Frustrated
Frustrado



Embarrassed
Avergonzado

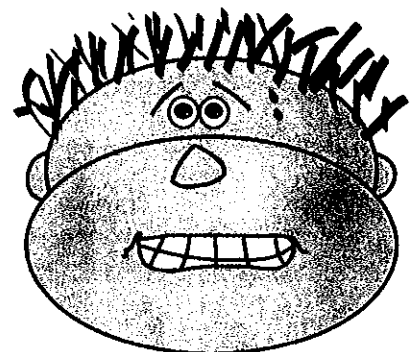


Sad
Triste

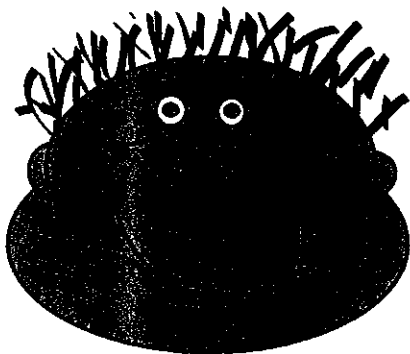


Mad
Enojado

**This
is
how
I
feel
today!**



Nervous
Nervioso



Happy
Alegre



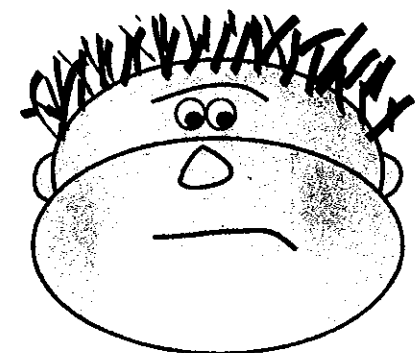
Proud
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Solitario



Ten Characteristics of Children Who Succeed In School

Research has shown that there are common characteristics to children who do well in school. These characteristics are not limited to intelligence or temperament when children enter school but are definitely linked to those positively influenced by parents in the home prior to formal schooling.

- 1. Children are eager to learn**
- 2. They ask lots of questions and they ask for help**
- 3. They work hard and know their efforts matter**
- 4. They have well developed social and emotional skills**
- 5. They are good at assessing their skills**
- 6. Their parents are role models for learning**
- 7. Their parents promote learning by "hands on learning" at home**
- 8. Their family routines support doing well in school**
- 9. Their parents are effective at setting and maintaining limits**
- 10. Their schools have high expectations for student achievement, support teacher development and communicate frequently with parents about their children**

WHY PARENTS ARE GOOD TEACHERS

A good teacher has something important to teach.

So does a parent... who's learned to survive in a tough world.

A good teacher is patient.

So is the parent ... who believes his/ her child will amount to something important and who works and waits for it to happen.

A good teacher knows and understands the child he/she is teaching.

So does the parent ... who watches his/her child, day in and day out, and knows what to expect.

A good teacher takes time to work with the child.

So does the parent ... Who is there when he/she is needed not just when a class bell rings.

A good teacher doesn't scare or embarrass the child.

Neither will the parent ... who knows that his/her child can't learn if he/she is embarrassed or frightened.

A good teacher sets a good example.

So does a parent ... who demonstrates in day-to-day living the things he/she wants his/her child to be.

A good teacher likes his her children and believes they are important.

So does the parent ... who loves his her child, both for what he/she is and what he/she hopes he/she will be.

Fostering Emotional Literacy in Young Children: Labeling Emotions

HANDOUT



Points to Remember

- ✓ Children who have a strong foundation in emotional literacy are healthier, have more friends, are less impulsive, remain more focused, and demonstrate greater academic achievement.
- ✓ The development of feeling words is considered to be of critical importance in a child's emotional development because it makes it possible for children to better understand their emotional experiences.
- ✓ The ability to name feelings allows children to discuss and reflect with others about their personal experiences of the world.
- ✓ The larger a child's emotional vocabulary, the finer discriminations he or she can make between feelings and the better he or she can communicate with others about his or her emotions and possible problems.
- ✓ While several underlying processes contribute to a child's ability to understand and regulate his emotions, parents and caregivers can make a meaningful difference by emphasizing emotions throughout daily routines.

Things to Do

- ✓ Label your own feelings throughout the day in front of children.
- ✓ Observe children and label their feelings as they experience them.
- ✓ Talk about feelings displayed by characters in children's books, on television, or in videos.
- ✓ Allow children to feel a range of emotions, but teach them healthy ways to express them.
- ✓ Play games and sing songs involving feelings, such as "If you're happy and you know it."
- ✓ Reinforce children's efforts to express their feelings in healthy ways.

El fomento de la alfabetización emocional: Rotular emociones

Hoja

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Puntos para recordar

- ✓ Los niños que tienen un sólido cimiento en alfabetización emocional son más sanos y menos impulsivos, tienen más amigos, se mantienen más enfocados y muestran mayores logros académicos.
- ✓ El desarrollo de palabras para sentimientos se considera de crítica importancia en el desarrollo emocional del niño, porque hace posible que los niños comprendan mejor sus experiencias emocionales.
- ✓ La habilidad de nombrar sentimientos permite a los niños discutir y reflejar con otros sus experiencias personales del mundo.
- ✓ Cuanto mayor es el vocabulario emocional del niño, mayor es la discriminación que puede hacer entre sentimientos y mejor se puede comunicar con otros sobre sus emociones y posibles problemas.
- ✓ Aunque varios procesos fundamentales contribuyen a la habilidad del niño de entender y regular sus emociones, los padres y cuidadores pueden hacer una diferencia importante enfatizando las emociones durante las rutinas diarias.

Cosas para hacer

- ✓ Rotule sus propios sentimientos a lo largo del día enfrente de los niños.
- ✓ Observe a los niños y rotule los sentimientos de ellos a medida que los experimentan.
- ✓ Hable sobre los sentimientos expresados por personajes en libros de cuentos infantiles, en televisión o en vídeos.
- ✓ Permita que los niños sientan una variedad de emociones, pero enséñeles maneras saludables de expresarlas.
- ✓ Juegue juegos y cante canciones sobre sentimientos, tales como "Si eres feliz y lo sabes".
- ✓ Refuerce los esfuerzos de los niños por expresar sus sentimientos de maneras saludables.

Este material fue desarrollado por el Centro sobre los Fundamentos Sociales y Emocionales del Aprendizaje Temprano (Center on the Social and Emotional Foundations for Early Learning) con fondos federales del Departamento de Salud y Servicios Humanos de EE.UU., la Administración para Niños y Familias (Administration for Children and Families) (Acuerdo Cooperativo N. PHS 90YD0119). El contenido de esta publicación no necesariamente refleja los puntos de vista ni las políticas del Departamento de Salud y Servicios Humanos de EE.UU., ni la mención de nombres comerciales, productos comerciales ni organizaciones implica ningún endoso del Gobierno de los EE.UU. Se puede reproducir este material para propósitos de capacitación e información. Recibiríamos con gusto sus respuestas sobre este Éxitos en resumen. Sírvase ir al sitio Web de CSEFEL (<http://csefel.uiuc.edu>) o llamarnos al (217) 333-4123 para ofrecer sugerencias.

Septiembre de 2005