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=1Evwgu369Jw 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