

strengthening families

G E O R G I A



Georgia Division of Family and  
Children Services



# STRONG FAMILIES

TIPS & RESOURCES FOR PARENTS WITH HAPPY, HEALTHY AND SMART KIDS

SUMMER / FALL 2015

## Strengthening Families Protective Factor Framework Social Emotional Development in Children Information and Resources for Parents and Caregivers

### What Does Social Emotional Development Mean?

Social-emotional development is the basis for how we feel about ourselves and how we get along with others. This starts the day we are born and continues to develop throughout our lives.

How do children start to figure out who they are, what they are feeling, and what to expect from others? The answers to these questions are at the heart of their social emotional wellness. They affect a child's self-confidence, their ability to have healthy and lasting friendships and relationships, and their feeling of worth to those around them.



Children's social-emotional development affects all other areas of development. Children's physical and brain development are all greatly affected by how a child feels about herself and how she is able to share ideas and feelings. Developing these skills will also help your child do well in school!

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**Children with strong social-emotional skills are more able to:**

- Express their ideas and feelings
- Show sympathy - for example, taking care of someone who has been hurt
- Manage their feelings by showing anger in a healthy way and figuring out disagreements peacefully
- Feel self-confident
- Make friends and enjoy being with others
- Wait patiently and follow rules

**Healthy social-emotional development includes the ability to:**

- Form and keep healthy relationships
- Feel, handle, and show emotions in appropriate ways
- Explore and relate to their world

All of these qualities, and more, describe healthy social-emotional development. Young children learn these skills in small steps over time. There are many simple things you can do to support social-emotional development in your child from birth to age five.





## How Can Parents Develop These Skills in Their Children?

The biggest influence on a child's social-emotional development is the quality of the relationships that he develops with his primary caregiver. Positive and nurturing early relationships have a huge impact on a child's social-emotional development. They also affect how the young child's brain develops.

This relationship is a long-term one that begins at birth and lasts throughout childhood. It is built on consistent positive interactions between the infant and the important adults in their lives. Infants and children try to get physical and emotional closeness to their caregivers and it is important that adults respond to these attempts in loving ways. When children feel close to and protected by their caregivers, they feel valuable, are able to explore their world and can have good relationships with others.

## Resources for Parents and Other Primary Caregivers

**The Center on the Social and Emotional Foundations for Early Learning (CSEFEL)** promotes the social emotional development and school readiness of young children birth to age five. CSEFEL is a national resource center funded by the Office of Head Start and Child Care Bureau.

Their website has a page dedicated to resources just for parents and includes Family Tools on topics such as:

- Understanding Your Child's Behavior: Reading Your Child's Cues from Birth to Age 2
- Teaching Your Child About Feelings
- Teaching Your Child to Cooperate with Requests

You'll also find links to additional parent resources developed by **Zero to Three**.

<http://csefel.vanderbilt.edu/resources/family.html>

**Public Broadcasting Service's (PBS)** The ABC's of Child Development: Developmental Milestones for Your Child's First Five Years. This website contains information for parents and early care providers and includes a page dedicated to social and emotional milestones in children birth to five. <http://www.pbs.org/wholechild/abc/social.html>

**Center for Early Childhood Mental Health Consultation, Georgetown University** (with funding from the Office of Head Start/ACF,DHHS) has developed the "Discovering Feelings" booklet which is designed to assist caregivers in helping young children (birth to age three) to learn the labels for their feelings. It is available in English and Spanish.



### Discovering Feelings

<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/docs/discovering-feelings-eng.pdf>

### Comenzar a Descubrir los Sentimientos

<http://eclkc.ohs.acf.hhs.gov/hslc/Espanol/salud/Health/docs/discovering-feelings-esp.pdf>

**National Association on Young Children (NAEYC)** for Families: 10 Tips for Raising a Compassionate Infant-Toddler

<http://families.naeyc.org/learning-and-development/-10-tips-raising-compassionate>

## Also from NAEYC - Books to Help Children Talk about Feelings

- Alicia Has a Bad Day (2002), by Lisa Jahn-Clough
- Baby Faces (1998), by Margaret Miller
- The Chocolate-Covered-Cookie Tantrum (1999), by Deborah Blumenthal, illus. by Harvey Stevenson
- A Color of His Own (1997), by Leo Lionni
- The Feelings Book (2000), by Todd Parr
- Finn Throws a Fit (2011), by David Elliott, illus. by Timothy Basil Ering
- Hands Are Not For Hitting (2002), by Martine Agassi, illus. by Marieka Heinlen
- I Am Happy: A Touch-and-Feel Book of Feelings (2003), by Steve Light
- I Was So Mad (2000), by Mercer Mayer
- If You're Happy And You Know It (2007), by James Warhola
- I'll Always Come Back! (2002), by Steve Metzger, illus. by Joy Allen



- Llama Llama Mad at Mama (2007), by Anna Dewdney
- Lots of Feelings (2003), by Shelley Rotner
- Mean Soup (1995), by Betsy Everitt
- Mouse Was Mad (2012), by Linda Urban, illus. by Henry Cole
- My Many Colored Days (1998), by Dr. Seuss, illus. by Steve Johnson and Lou Fancher
- No Matter What (2011), by Debi Gliori
- Oops! A Diaper David Book (2005), by David Shannon. Available in Spanish: ¡Huy! David en Pañales
- Sometimes I'm Bombaloo (2005), by Rachel Vail, illus. by Yumi Heo
- Taking a Bath With the Dog and Other Things That Make Me Happy (2007), by Scott Menchin
- Teeth Are Not for Biting (2003), by Elizabeth Verdick, illus. by Marieka Heinlen
- When I Am/Cuando Estoy (2004), by Gladys Rosa Mendoza, illus. by Dana Regan
- When I Feel Angry (2000), by Cornelia Maude Spelman, illus. by Nancy Cote
- When Sophie Gets Angry – Really, Really, Angry . . . (2004), by Molly Bang

# Who Are We?

Strengthening Families Georgia (SFG) represents a multi-disciplinary partnership of nearly 50 national, state and local, and public and private organizations dedicated to embedding five research-based Protective Factors into services and supports for children and their families. SFG is funded by the Georgia Department of Human Services, Division of Family and Children Services (DHS-DFCS) through the Federal Community-Based Child Abuse Prevention Grant Program.

The Georgia Association on Young Children (GAYC), state affiliate of the National Association for the Education of Young Children (NAEYC), administers SFG and chairs the SFG Leadership Team and Partnership.

## OUR MISSION

To utilize the Strengthening Families assets-based framework of Protective Factors in all systems, programs, services and activities supporting families with young children as the approach to achieving the vision.

## OUR VISION

All families with children birth through age five in Georgia have the resources and support necessary for a meaningful and successful life.

For more information please contact us at [strengtheningfamiliesga@gmail.com](mailto:strengtheningfamiliesga@gmail.com).

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This project was supported in part by the Georgia Department of Human Services, Division of Family and Children Services (DHS-DFCS) through the U.S. Department of Health and Human Services, Administration for Children and Families, Community Based Child Abuse Prevention and Treatment Act (CFDA 93.590). Points of view or opinions stated in this document are those of the author (s) and do not necessarily represent the official position or policies of the DHS-DFCS or the U.S. Department of Health and Human Services, Administration for Children and Families, Community Based Child Abuse Prevention and Treatment Act (CFDA 93.590).

For more information & resources, go to  
[www.strengtheningfamiliesga.net](http://www.strengtheningfamiliesga.net)

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