

HEALTHY FAMILIES AMERICA: PROMOTING SOCIAL AND EMOTIONAL LEARNING AND PREVENTING BULLYING

WHAT is Healthy Families America (HFA)?

Healthy Families America (HFA) is a nationally recognized, evidence-based home visiting program designed to work with families prenatally or at birth, for up to five years. HFA focuses on the needs and welfare of children by working with adults within the context of their families and communities. It is a family-centered practice that recognizes the strengths of family relationships and builds on these strengths to promote **social and emotional learning (SEL)** among adults to achieve optimal outcomes. Responsive relationships with consistent primary caregivers help build positive attachments that, in turn, support healthy social and emotional development. When a secure foundation is formed, it provides the foundation from which all relationships develop.

WHAT is Social and Emotional Learning (SEL)?

Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. SEL programming is based on the understanding that the best learning emerges in the context of supportive relationships that make learning challenging, engaging and meaningful. Social and emotional skills are critical to being a good student, citizen and worker. Many risky behaviors can be prevented or reduced when multi-year, integrated efforts are used to develop students' social and emotional skills. Visit the Collaborative for Academic and Social and Emotional Learning website, **CASEL.org**, for more information.

Five Competencies of Social-Emotional Learning



Self-Awareness: Ability to accurately recognize one's emotions and thoughts and their influence on behavior.



Self-Management: Ability to regulate one's emotions, thoughts and behaviors effectively in different situations.



Social-Awareness: Ability to take the perspective of, and empathize with, others; to understand social and ethical norms for behavior.



Relationship Skills: Ability to establish and maintain healthy and rewarding relationships with diverse individuals.



Responsible Decision-Making: Ability to make constructive and respectful choices about personal behavior and social interactions based on consideration of ethical standards.

HOW HFA interventions promote the five competencies of SEL in adults and children prior to school entry.

SELF-AWARENESS

Guide parents in recognizing the role their own childhood experiences can play in their parenting by supporting parents' emotional recognition.

SELF-MANAGEMENT

Share information with parents that helps them identify stressors for their child as well as stress management techniques that support parents in their own physical and emotional regulation.

SOCIAL-AWARENESS

Help parents **recognize and respond** to infant cues and capacities and **develop** realistic expectations for appropriate developmental milestones.

RELATIONSHIP SKILLS

Model caring relationships, creating trusting, nurturing connections with families.

RESPONSIBLE DECISION-MAKING

Reinforce the importance of self-care and **share** positive discipline strategies.

Families who participate in HFA demonstrate higher levels of healthy attachment, bonding and parent-child interaction.

HFA offers a strategy to provide children with a strong foundation in social and emotional learning by the time they enter preschool.

For more information, visit healthyfamiliesamerica.org



**Prevent Child Abuse
America®**