

Children's Social and Emotional Competence



Flourishing
Families

Learning Objectives

1. Parents will understand what social and emotional competence is and what it looks like in their family.
2. Parents will understand why children's social and emotional competence matters to their family/child.
3. Parents will gain tools to help them plant and grow seeds of social and emotional competence in children.

What is Children's Social and Emotional Competence?

Social and emotional competence is learning and playing.

It's how you feel about yourself and your place in the world.

It's a sense of self-worth and self-confidence.

It's how to have a friend and be a friend.

It's knowing how you feel and what to do about it.

To build social and emotional competence, the first and most important thing kids need is a strong relationship with you.

Why is Children's Social and Emotional Competence important?

Strong self-worth, relationships, stress management, and a better future.

The way that kids are acting is usually a *reflection* of what's happening in their family and their world. The way that kids act also *affects* the family. When a child has social and emotional competence, it affects how they act in the world and how the world acts towards them.

Skills like getting along with others and understanding your emotions are important to your child's future. Research shows that these skills are more important than their IQ in their future success!

Kids that have these skills form healthier relationships, handle stress better, have better behavior, and do better in school.