

# ENGAGING PARENTS IN SEL

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# Agenda/Goals



- Define SEL and share the core competencies and framework
- Review the benefits for SEL
- Understand the important role parents play in SEL development
- Offer strategies and tips for supporting SEL at home





# 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 has an impact on...



**Academics**



**Equity  
and Poverty**



**Cost Benefit  
Analysis**



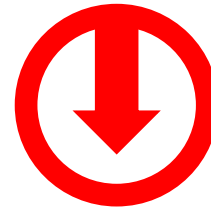
**Lifetime  
Outcomes**

# SEL works: Compelling national evidence

## Science Links SEL to Student Gains:

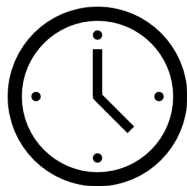


- Better social-emotional skills
- Improved attitudes about self, others, and school
- Positive classroom behavior
- 11 percentile-point gain on standardized achievement tests



- Fewer conduct problems
- Less emotional stress
- Lower drug use

## ...and adults benefit too



Teachers who possess social and emotional competencies are **more likely to stay in the classroom longer** because they're able to work more effectively with challenging students —one of the main causes of burnout.



Statistically significant associations between measured social-emotional skills in kindergarten and key young adult outcomes across multiple domains of **education, employment, criminal activity, substance use, and mental health.**



## Employers value SEL

The Google logo, featuring the word "Google" in its signature multi-colored font.

7 top characteristics of success at the company are all soft skills, such as communicating and listening well; possessing insights into others; and having empathy.



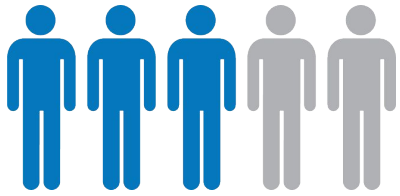
Priorities: Conflict resolution, leadership, and civic engagement

The logo for The Wall Street Journal, featuring the words "THE WALL STREET JOURNAL." in a bold, serif font.

**Wanted: Employees Who Can Shake Hands, Make Small Talk**

Bank of America teaches empathy in-house; Subaru pays for soft-skills training (Dec. 10, 2018)

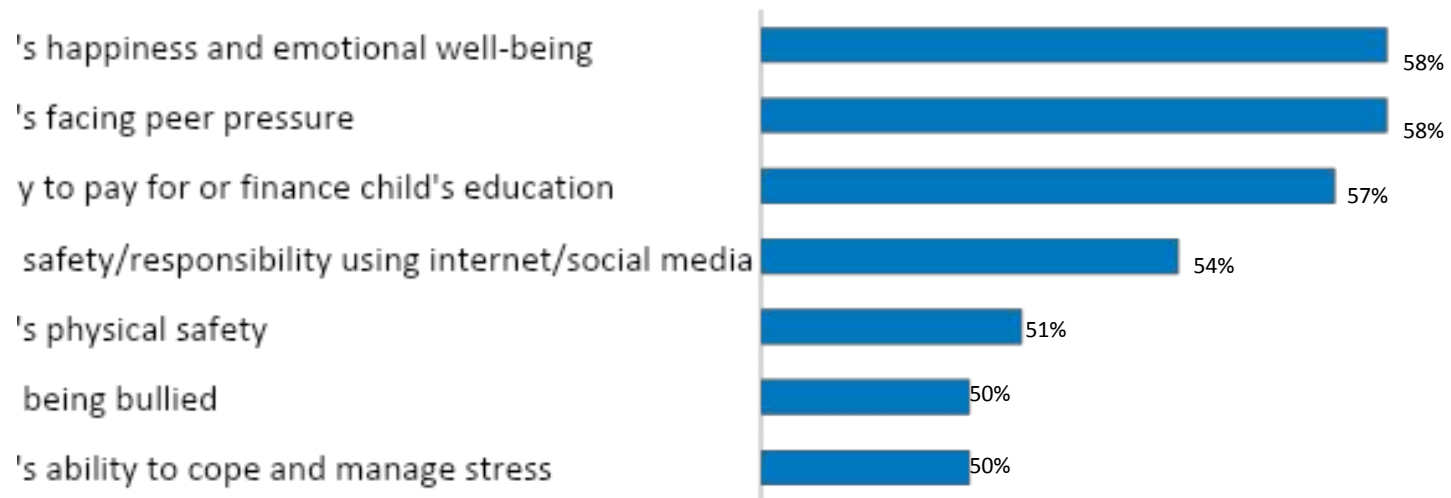
# Parents value SEL



**3 out of 5 parents** say “being happy/not overly stressed” is more important than academics.

*\*Note the research says this is a false choice: social and emotional well-being contributes to academic success, among other benefits.*

Proportions saying they worry a lot or some about this aspect of raising their child



Source: Learning Heroes, 2017

# PARENTS AS PARTNERS

- Daniel Goleman, the author of the book *Emotional Intelligence: Why It Can Matter More Than IQ*, states that
- ***“Family life is our first school for emotional learning.” It’s through family that “we learn how to feel about ourselves and how others will react to our feelings; how to think about these feelings and what choices we have in reacting.”***
- The adults at home play a critical role in shaping the emotional life of our students.





## WHAT DOES BEING A GOOD PARTNER LOOK LIKE?

## HOW CAN PARENTS BE GOOD PARTNERS WITH THE SCHOOLS IN THE EDUCATION OF THEIR CHILDREN?

- **Studies suggest that children benefit socially, emotionally, and academically when parents:**
- Set high standards for children's educational activities and support learning in the home environment.
- Communicate with children about school-related matters such as homework and school programs, assignments, activities.
- Thank you for participating in school events, such as volunteering or attending parenting workshops, like today!
- Identify challenges and ASK FOR HELP.



# THE LANGUAGE OF SEL



- Social emotional learning
- Soft skills (self-esteem, self confidence, growth mindset)
- 21st century skills
- Character development
- Non-cognitive skills
- Positive youth development
- Resilience building
- Protective factors
- Developmental assets
- **Whole child** approach



# CASEL COMPETENCIES

## SELF-AWARENESS

The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."

- ⇒ IDENTIFYING EMOTIONS
- ⇒ ACCURATE SELF-PERCEPTION
- ⇒ RECOGNIZING STRENGTHS
- ⇒ SELF-CONFIDENCE
- ⇒ SELF-EFFICACY

## SELF-MANAGEMENT

The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

- ⇒ IMPULSE CONTROL
- ⇒ STRESS MANAGEMENT
- ⇒ SELF-DISCIPLINE
- ⇒ SELF-MOTIVATION
- ⇒ GOAL SETTING
- ⇒ ORGANIZATIONAL SKILLS

## SOCIAL AWARENESS

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

- ⇒ PERSPECTIVE-TAKING
- ⇒ EMPATHY
- ⇒ APPRECIATING DIVERSITY
- ⇒ RESPECT FOR OTHERS

## RELATIONSHIP SKILLS

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

- ⇒ COMMUNICATION
- ⇒ SOCIAL ENGAGEMENT
- ⇒ RELATIONSHIP BUILDING
- ⇒ TEAMWORK

## RESPONSIBLE DECISION-MAKING

The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.

- ⇒ IDENTIFYING PROBLEMS
- ⇒ ANALYZING SITUATIONS
- ⇒ SOLVING PROBLEMS
- ⇒ EVALUATING
- ⇒ REFLECTING
- ⇒ ETHICAL RESPONSIBILITY



# What's Evident At Your School?

Different schools use different approaches to SEL.

Common evidence-based SEL programs or approaches may include:

- Responsive Classroom (check-in)
- Open Circle
- RULER. (RULER stands for recognizing, understanding, labeling, expressing, and regulating emotion.)

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These approaches help in the classroom, but they're often also part of schoolwide efforts that involve your students' families, too. That means you!



# Encourage Positive Learning Attitudes What the Research says...

Keep a positive mindset toward learning: improves school performance & increases motivation.

- Talk about ambitious learning: have children share their mastery of math, science, reading concepts.
- Connect with the school: establish communication to feel a **sense of belonging**.
- Celebrate students' commitment to hard work and improved performance.
- Remind your child that overcoming difficulties on their own = self-efficacy = resilience!

*“Learning attitudes are rooted in the support that students receive from teachers and families”*



# Research into Practice Parent tips

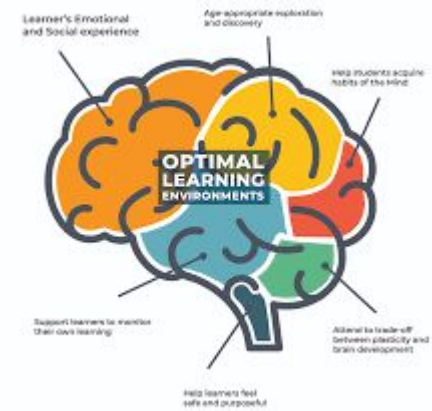
- Offer Voice & Choice (motivational factors).
- Maintain boundaries and remember that you're a guide but ultimately not the teacher.
- Learning as a Family Activity: walking nature hunts, [at-home science experiments](#), acting out [historic events](#), putting on a play or family read-alouds are all interactive and fun!
- Simply [asking your kids about what they're learning](#) while eating a snack or family dinner can make concepts more interactive.
- Gamify or Set up a Reward System.
- Take a virtual field trip together or go to the [library](#).
- Have open conversations with your children, reassure them and use some of these [techniques for managing stress during the coronavirus pandemic](#).
- Build a Learning Network – share in the joy of learning!





When we feel safe & supported by others we form attachments.

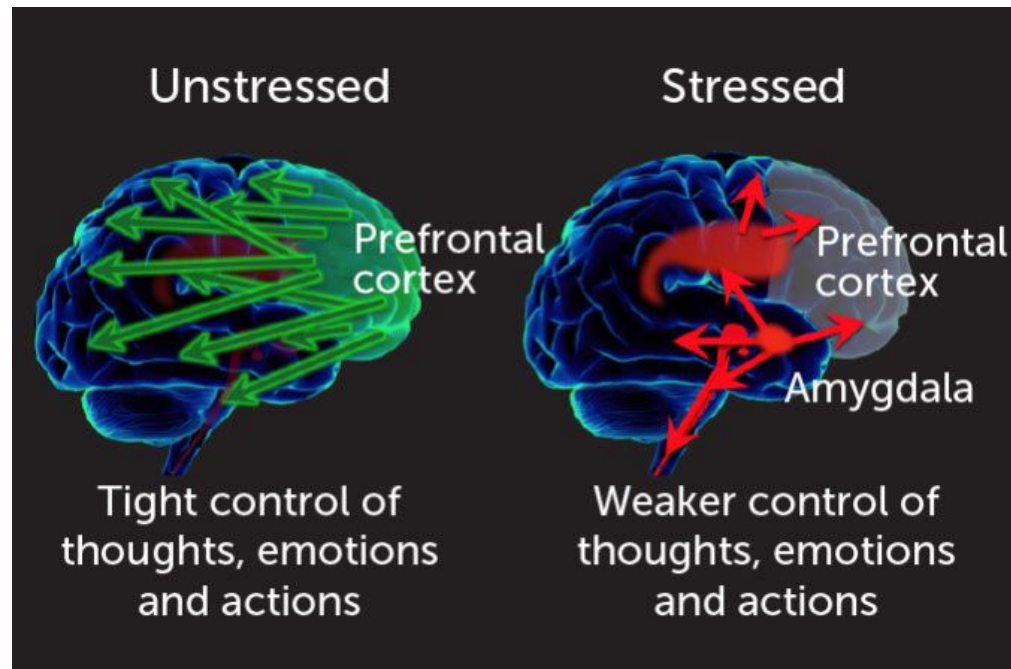
Learning Brain = Calm, peaceful, open.



**Emotional intelligence is considered to be something that can be developed over time (yes, you can train your brain).**

**One's mood affects thoughts and decisions.**

***Positive moods indicate increased creativity, problem solving, mental flexibility and efficiency in decision making.***





# META-MOMENT

- Adults know from experience that when they are gripped by intense feelings, whether of joy or grief or fear, it becomes difficult to focus on the task at hand.
- Parents recognize that when their children are upset, they are far less receptive to what adults are trying to teach than when they are calm and happy.



# Activity to Try : LET'S HAVE A META-MOMENT

Think about how you respond to situations (stimuli)...

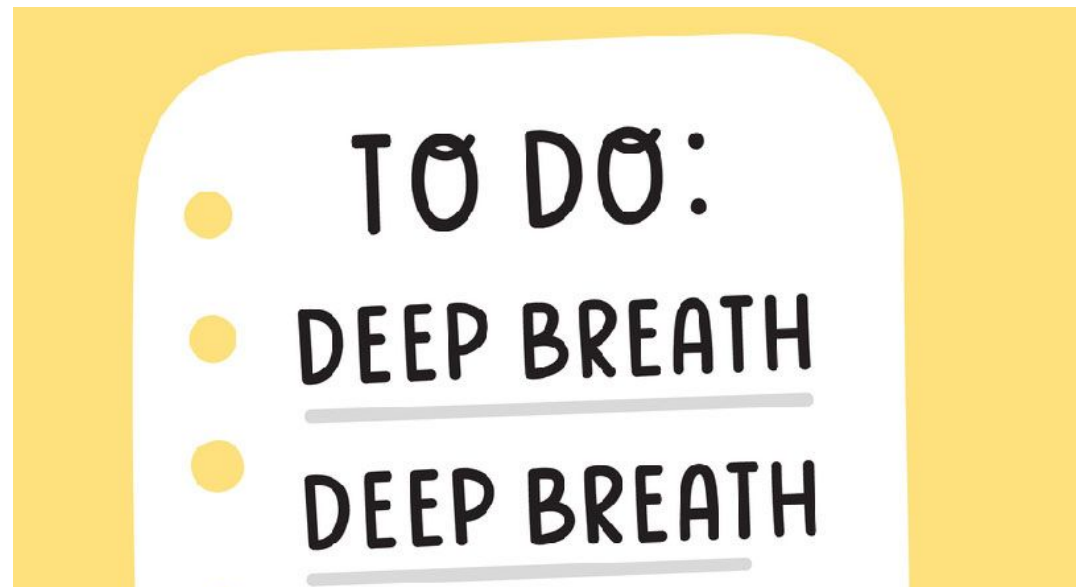
*When something happens, do you notice shifts in:*

- Cognition (Wow, this is too much)
- Physiology (Heart races)
- Expressive Behavior (Voice changes)



# META-MOMENT STRATEGIES

- Pause – slow deep breaths (relax the body)
- Reframe the situation – add in positive reappraisal
- Use positive self-talk – supportive language (I've got this...model this for your child).



# META-MOMENT

Hit the Pause Button

Or Remember to STOP

Stop

Take a Breath

Observe

Proceed

**See Your Best Self**

**10 ways to Destress**



## PLAN YOUR WORK & WORK YOUR PLAN

*Good planning can relieve stress for both children and parents. Check-in with your children about their plans and help them develop a written schedule, not only for the day, but for the week. Help them prioritize and learn to create goals, tasks, and deadlines – just like adults do when they go to work.*



# Here are ten tips that families can follow:

- 1. Take care of yourself, even when it feels like the last thing you can do right now.**
- 2. Establish routines and intentionality.**
- 3. Presence is not the same as being present (model behaviors you want to see).**
- 4. Commit acts of service or kindness for others.**
- 5. Engage in creativity together.**
- 6. Celebrate what you can.**
- 7. Practice active listening.**
- 8. Help your child express and name emotions.**
- 9. Practice social emotional learning daily.**
- 10. Transition mindfully.**



# MLL Parent Support & Tips

- 1. Keep Reading to your child in their home language.
- 2. Think Aloud as you read together with children.
- 3. Have your child do some **writing** at home, such as: writing a letter to a family member, read a part of the book and have their child write their own ending to the story or having their child illustrate the story by drawing part of the story and then writing a few sentences below the drawing that tells them about the picture.

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<https://www.colorincolorado.org/article/15-tips-talking-children-about-school-violence>

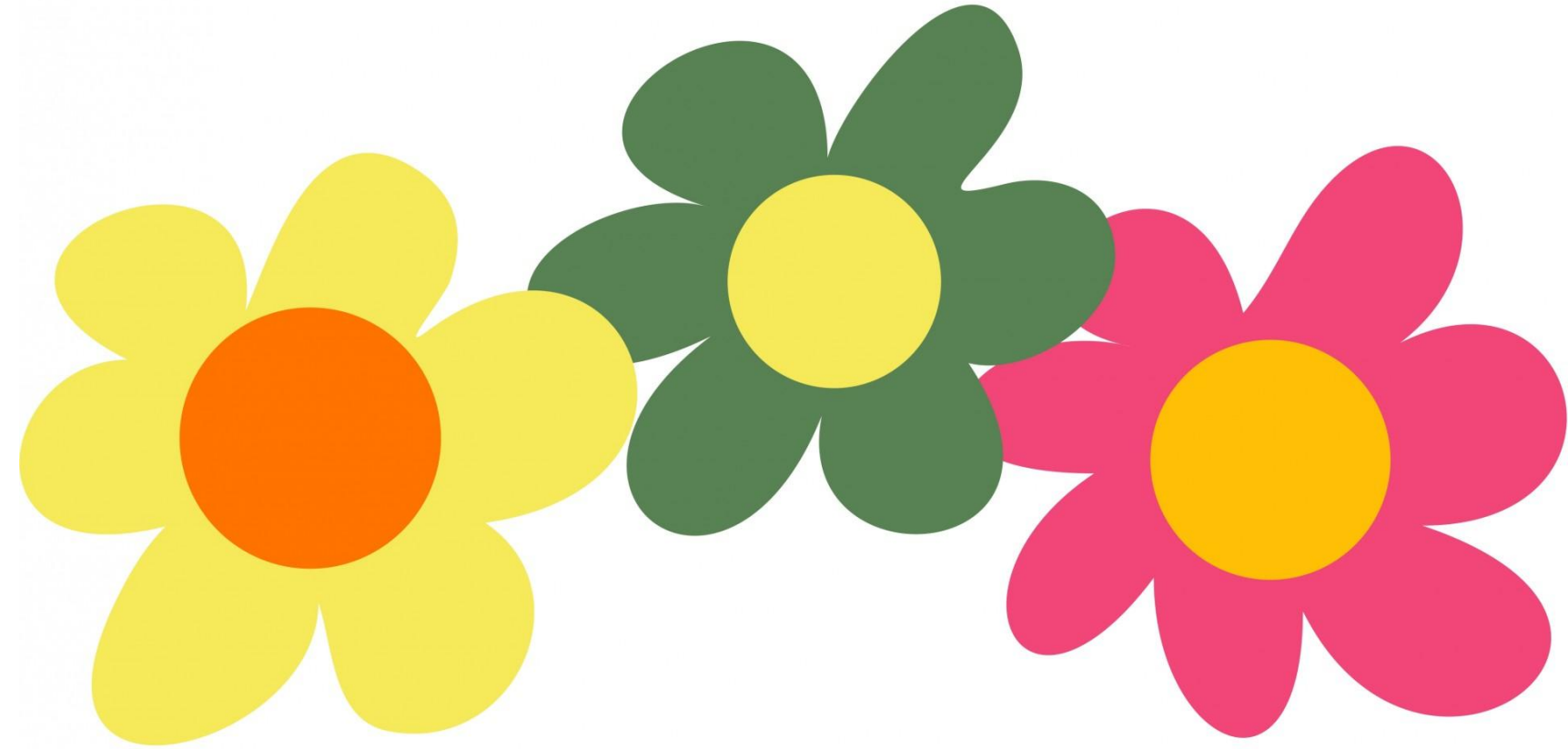


# Some SEL resources for parents

- [10 Things Families Can Do At Home for SEL](#)
- [Downloadable SEL Resources for Parents](#)
- [Emotional Intelligence Online Course for Parents](#)
- [Raising An Emotionally Intelligent Child](#)
- [Parenting a Teen Who Has Intense Emotions: DBT Skills to Help Your Teen Navigate Emotional and Behavioral Challenges](#)
- <https://www.colorincolorado.org/teaching-ells/creating-welcoming-classroom/social-emotional-support-ells-and-immigrant-students>
- [https://casel.org/wp-content/uploads/2017/11/CASELCaregiverGuide\\_English.pdf](https://casel.org/wp-content/uploads/2017/11/CASELCaregiverGuide_English.pdf)
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Thank You



for your Kindness