

SOCIAL AND EMOTIONAL LEARNING

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What is Social and Emotional Learning (SEL)?

SEL is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions (CASEL, 2019).

Main components to SEL:

Social Interaction

Relationships

Emotional Awareness

Ability to recognize and understand feelings

Self-Regulation

Ability to express thoughts, feelings, and behaviors in socially appropriate ways



“A child who is allowed to be disrespectful to his parents will not have true respect for anyone.”
–Billy Graham

6 “Old School” parenting methods we should bring back:

1. Home cooked family meals
2. Old school manners
3. Your self-worth wasn't reliant on social media
4. Kids were expected to entertain themselves
5. Dad took mom on a date every Saturday night
6. Kids respected adults



WHAT CAN WE DO PARENTS?

As parents, we need to be truly present with and for our children. Put our own smartphones away. We need to experience the world through their eyes, seeing their perception, taking their perspective. Use the five senses to fully be in those moments as they pass quickly.

Circle of security: Always be bigger, stronger, wiser, and kind; whenever possible follow your child's need; when necessary take charge. Children need to feel cared for, protected & loved; they need to be comforted and delighted in. Children also need structure, routine,

predictability, consistency, and appropriate consequences to learn and thrive.

Tell your children stories from your own childhood. Point out how few of them could have happened if smartphones had been around. Remind your children that they will someday grow up and want stories of their own. An afternoon spent online doesn't make for very good one.

Teach your children that boredom is important. They should be bored. Leonardo Da Vinci was bored. So was Einstein. Boredom breeds creativity and new ideas and

experiences. Cherish boredom.

Be open and honest with your children about your own emotions. Let them see your emotions. Be a model of how to handle emotion. Learn with your child. Acknowledge when you have made a mistake, ask for forgiveness, and tell your child how you will try to do differently. Expect the same from your children.

Even Jesus got angry. All emotions have appropriate functions and were given by God. It is how we handle our emotions that determine healthy outcomes.

Given the growing complexity of our world and demanding nature of society, raising our children becomes even more challenging.



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