

THRIVING FAMILIES ALLIANCE



Social-Emotional Competence in Children

Social-emotional competence is a critical aspect of a child's development. It is a protective factor that refers to recognizing, understanding, and managing emotions effectively. Children who possess social-emotional competence are better equipped to deal with challenges, form healthy relationships, and thrive in their personal and academic lives. It is, therefore, essential for parents to support the development of these skills in children. Parents can help develop these skills by teaching, modeling, and providing opportunities for social interactions to practice them.



Social-emotional competence enables children to communicate effectively, express their needs and feelings, and understand the emotions of others. These skills lead to better communication, conflict resolution, and empathy. They help make children more likely to form healthy relationships with their parents, peers, and teachers. Children with strong social-emotional skills are also better equipped to deal with bullying, peer pressure, and other social challenges. Caregivers can read books to children that talk about emotions and label emotions in order to develop social-emotional competence.

Social-emotional competence is also essential for academic success. Children who possess these skills are better able to focus, regulate their emotions, and manage stress in healthy ways. This leads to improved academic performance, higher grades, and better attendance. Additionally, social-emotional competence is linked to higher motivation, engagement, and perseverance levels in school.

Lastly, social-emotional competence is critical for a child's overall well-being. Having these skills reduces the risk of mental health issues such as anxiety and depression and promotes positive mental health. Caregivers can teach and practice calming strategies before and during a child's feeling stressed or upset. Children with social-emotional competence are better equipped to deal with stress, disappointment, and setbacks. They are also more likely to engage in healthy behaviors such as exercise, good sleeping habits, and healthy eating.

As you can see, social-emotional competence is vital to a child's development. It promotes healthy relationships, academic success, and overall well-being. It is important to build social-emotional competence in children to ensure they thrive in all aspects of their lives. What are you doing to build the social-emotional skills of the children in your life?

There are several local and virtual parenting classes in our area, as well as numerous Family Support Programs that help strengthen social-emotional competence. We suggest reaching out to the [Child & Family Resource Network of Southwest Iowa](#) at 712-355-2615 to learn what is available.

To build a resilient community, we must support families in strengthening their protective factors, including building children's social-emotional competence.



Strengthening Families: Social And Emotional Competence of Children

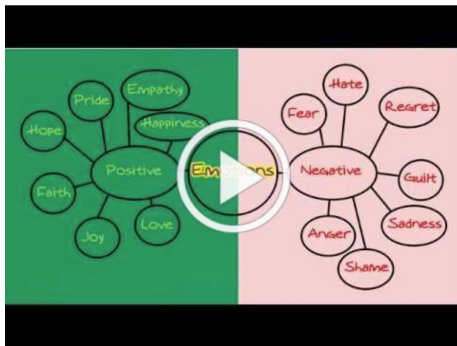
YMCA

Relationships shape young children's learning. From infancy, parent-child and family relationships guide and motivate children's love for discovery and learning and provide a secure foundation for the growth of exploration and self-confidence (California Preschool Curriculum Framework, 2010, Vol. 1, p.6).

One of the best skills caregivers can develop with their children is the ability to experience, express, and manage emotions, communicate needs, and establish positive and rewarding relationships. Caregivers who can model these skills and provide space to develop and practice these skills are building resilience in their families.

[Read More at YMCA](#)

Social and Emotional Development is Important- The Making of You



Social and Emotional Learning has become very important around the globe; it not only helps to regulate emotions and form strong social connections but also improves productivity and well-being.

ALLIANCE

Professional Development & Training Opportunities

Upcoming learning opportunities offered by our partners

November

7

Tuesday

Brain Based Care - Overview

This workshop provides an overview of brain and overall human development from infancy through adolescence. Participants will learn the importance of developmental ages, stages, and phases as well as how to identify differences between youth's chronological age and developmental age. This workshop will help workers create treatment plans and intervention in alignment with youth's developmental age. Participants will gain confidence in how to use their relationship with youth to support continued brain development. [To register](#)

November

8

Wednesday

Agents of Healing: Tools for Shifting the Moment and the Story.

While any work with kids and families means encountering difficult emotions and behaviors, it seems that emotional and behavioral disruptions are out of control. At times, we may feel ill-equipped to navigate intense moments or to change the patterns we witness. This workshop will give you an understanding of what's happening beneath the surface of outbursts or shutdowns within the body's nervous system. With that lens, you will gain practical tools to invest in overall resilience and learn to use the resources available to you, most chiefly your own self-regulation tools, to de-escalate activated children and adults. We expect you to leave this workshop feeling more hopeful and confident in your ability to be an agent of healing. [To register](#)

November

14

Tuesday

Social & Emotional Competence of Children Online

During this session, we will discuss everyday strategies for helping children build social and emotional competence. This session will be presented in an engaging lecture format. [More Information and to register](#)

November

14

Tuesday

Now What? Trauma Informed Care

Trauma-informed is all the buzz these days. This course will focus on how to take the concepts and understanding of trauma and lift the learning into engagement with children and families who have experienced trauma in their past. Participants will learn appropriate responses to trauma experienced by clients. The trauma-informed language will be shared to help guide clients to success. [To register](#)

November

14

Tuesday

Calm Down: Understanding Basics to De-escalate Situations

A client in a heightened state can exhibit challenging behaviors while also being a safety risk for those around them. This course will help you start to understand behaviors that may lead to a heightened state, as well as learn to identify situations that may lead to de-escalation. Participants will learn to identify reactions to keep calm and remove themselves from a situation to maintain safety for all. [To register](#)

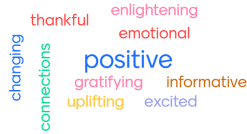
November

Anxiety in the Child & Adolescent Population: Is this Anxiety or Something Else and What Can I

Do About it?

If you worked with kids in any setting during the pandemic, you might have noticed a slight or significant change in their overall mental health. The pandemic exacerbated existing mental health problems in the adult and pediatric population. For clinicians, teachers, social workers, community partners, parents, and you, there is a desire to understand what we are witnessing in our kids so we can best help them. Have you found yourself wondering, "Is this anxiety or something else, and what can I do about it.?" This session will examine different presentations of anxiety disorders and situations that mimic anxiety disorders in kids. Through experiential learning, we will delve into different ways in which adults can help kids manage anxiety and thrive. *To register*

What one word sums up your experience in the parent cafe?
11 responses



Parent Cafes are currently being held virtually every other month. To learn more about Parent Cafes being offered, contact Carrie at 712-355-2615.

Program Spotlight:

Parent Cafes

Cafés serve as secure and supportive environments where people engage in meaningful conversations about various topics like the ups and downs of parenting, overcoming obstacles, and boosting overall wellness. Participants engage in self-reflection and peer-to-peer learning to discover their own strengths, learn about Protective Factors, and build relationships with other caregivers. As a result of their participation, individuals leave Cafés feeling motivated, invigorated, and supported.

Empowering a caring community that promises the well-being of every child.

