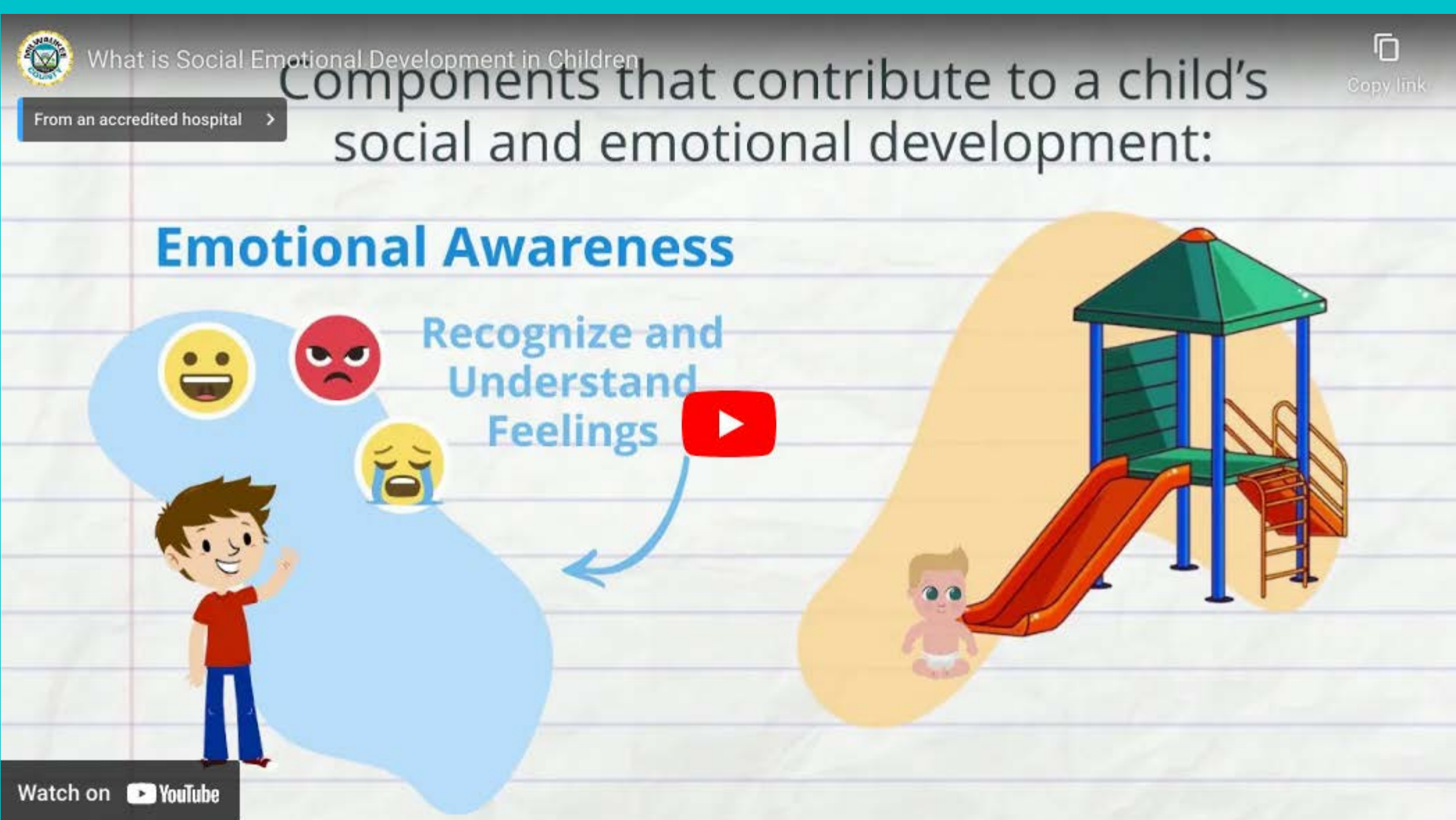


# **Social, Emotional Well Being & Healthy Relationships**

# What is social-emotional wellbeing?

The ability to manage emotions and regulate them. And it is their ability to be able to interact with others. and create healthy relationships.

We all need Social-emotional skills. As adults we need to develop these abilities before we can teach them to our children. It is important for children to learn these skills to not only be successful in school but also in their careers, relationships and life in general.



# Some ways to teach social - emotional skills?

- Help children Identify theirs and others emotions.
- Allow children to feel the emotions they feel shame free.
- Help children to learn skills to regulate these emotions and express them in an appropriate way.
- Model how to regulate your own emotions.
- Model how to resolve conflict in a healthy relationship.
- Connect with your child to help them learn social skills.
- Do activities with your child that will help them learn social-emotional skills such as pretend play, reading books, or doing puppet shows.







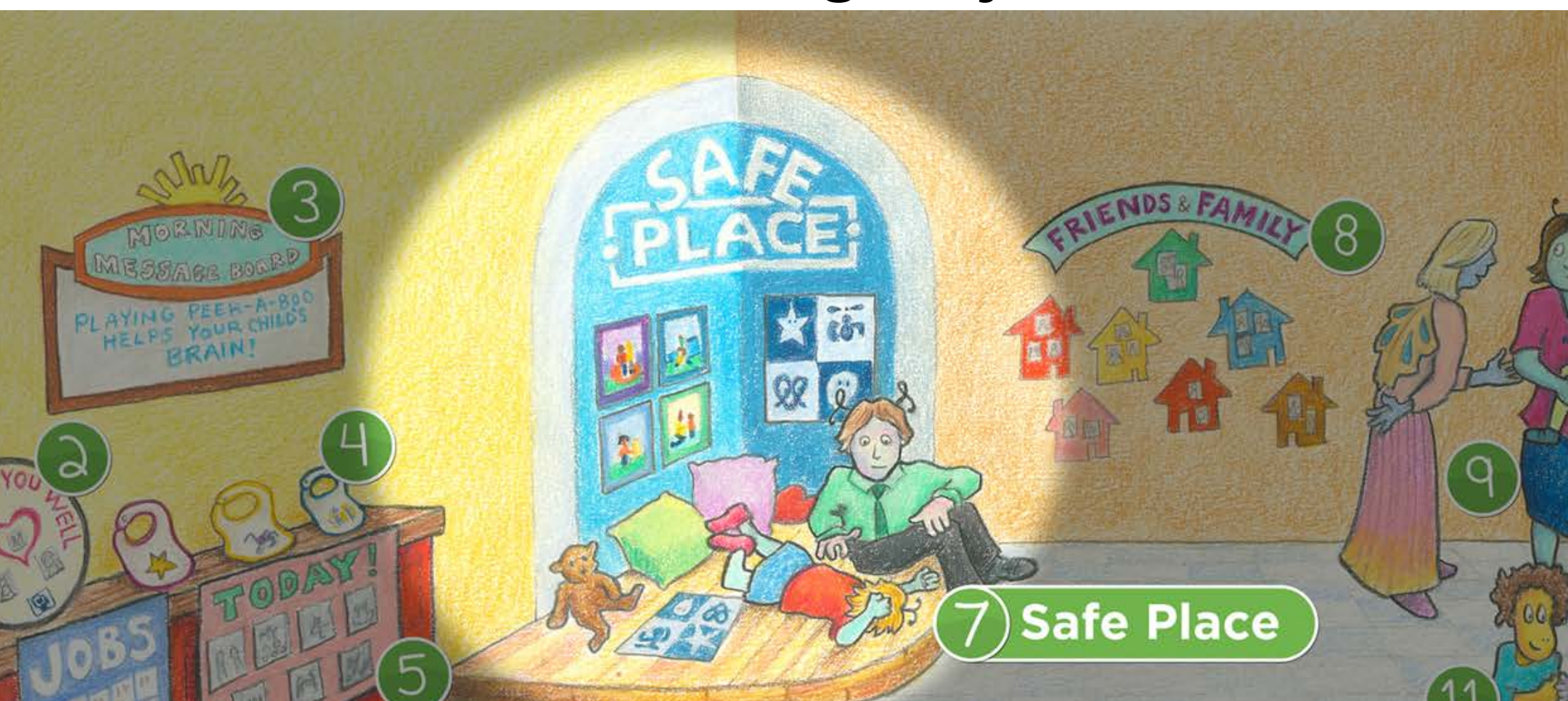
Developing social-emotional skills with Conscious Discipline

What is a Safe Place?

A place where children can go in the classroom, or in their home to calm their emotions. It teaches them emotional skills. It is filled with items that are safe and comforting for a child.

How to Create a safe place?

A chair, beanbag, throw rug or pillow serves as a base for your Safe Place. Fill the Safe Place with tools and activities that helps the child change from upset to calm. There could be books, stuffed animals, breathing tools, sensory items or whatever is calming for your child.



# SOCIAL EMOTIONAL PODCASTS

## **Self care**

<https://open.spotify.com/episode/3xXIysT8K63c9NN5i0O5pT?si=eadrCE9BSrObeRSn9SrKNQ>

## **Comfort corner Technique**

<https://open.spotify.com/episode/1c1ulT1e3xXSHtkb0mG87S?si=REd5dxJdRR-AvjGm6wwWaw>

## **Mindfulness**

<https://open.spotify.com/episode/71AjgfyR5uoL5lWaK5FNab?si=syYXSjdXQNKnhSz6lYWN5A>

## **Understanding emotions**

[https://open.spotify.com/episode/5rUvTyTXVoB5naLt0ddBr6?si=4uXiGwysSRC6XMG\\_yG\\_kzw](https://open.spotify.com/episode/5rUvTyTXVoB5naLt0ddBr6?si=4uXiGwysSRC6XMG_yG_kzw)

## **Mental illness and emotions with preschools**

<https://open.spotify.com/episode/319NdESkmM2jyjY0rDqtIG?si=XwSwnvX6RZOjwBgjPAmm9A>

## **The importance of identifying and meetings needs**

<https://open.spotify.com/episode/5H1slC912HSVD4OrXKinUa?si=30p9X0pWSS-7oKT1sCbpng>





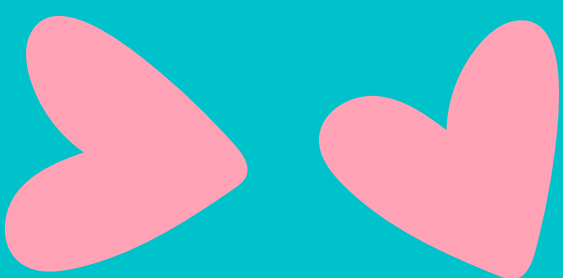
# Healthy Relationships



Safety and connection integrate the brain and allow us to access our brilliance. Healthy connection with children serves as the foundation for positive relationships.

Take five minutes a day to truly connect with those you love. Play a simple game like, peek- a-boo or hide and-seek.

Finding the time for these interactions is well worth it when you think about the long-term positive effects of building strong bonds with your children.



# **The Power of Love**

## **Conscious Discipline**

Choose to see the best in others/Positive intent

Goal: Choosing to see the best in others keeps us in the higher centers of the brain so we can consciously respond rather than unconsciously react to life's events.


Look at every child, no matter what their behavior, and open our hearts. Children attempt to meet their needs through whatever skills they possess. Unfortunately, many children learn inappropriate ways of expressing emotions and meeting their needs. This may be the result of direct teaching or the modeling of negative behavior from adults. Common strategies include screaming when angry, hitting when frustrated, manipulating when wanting something, and lying or appeasing others to avoid conflict. We can judge these children as disrespectful or hateful and label them as “bad.” Or we can use the Power of Love to view these behaviors as a call for help.

Pod Cast on the power of positive intent in conflicts .

<https://open.spotify.com/episode/6KI0zJcZjfLkrN3QICAc41?si=sTEdrEeSRxuCigAtb4tR1g>



# I LOVE YOU RITUALS

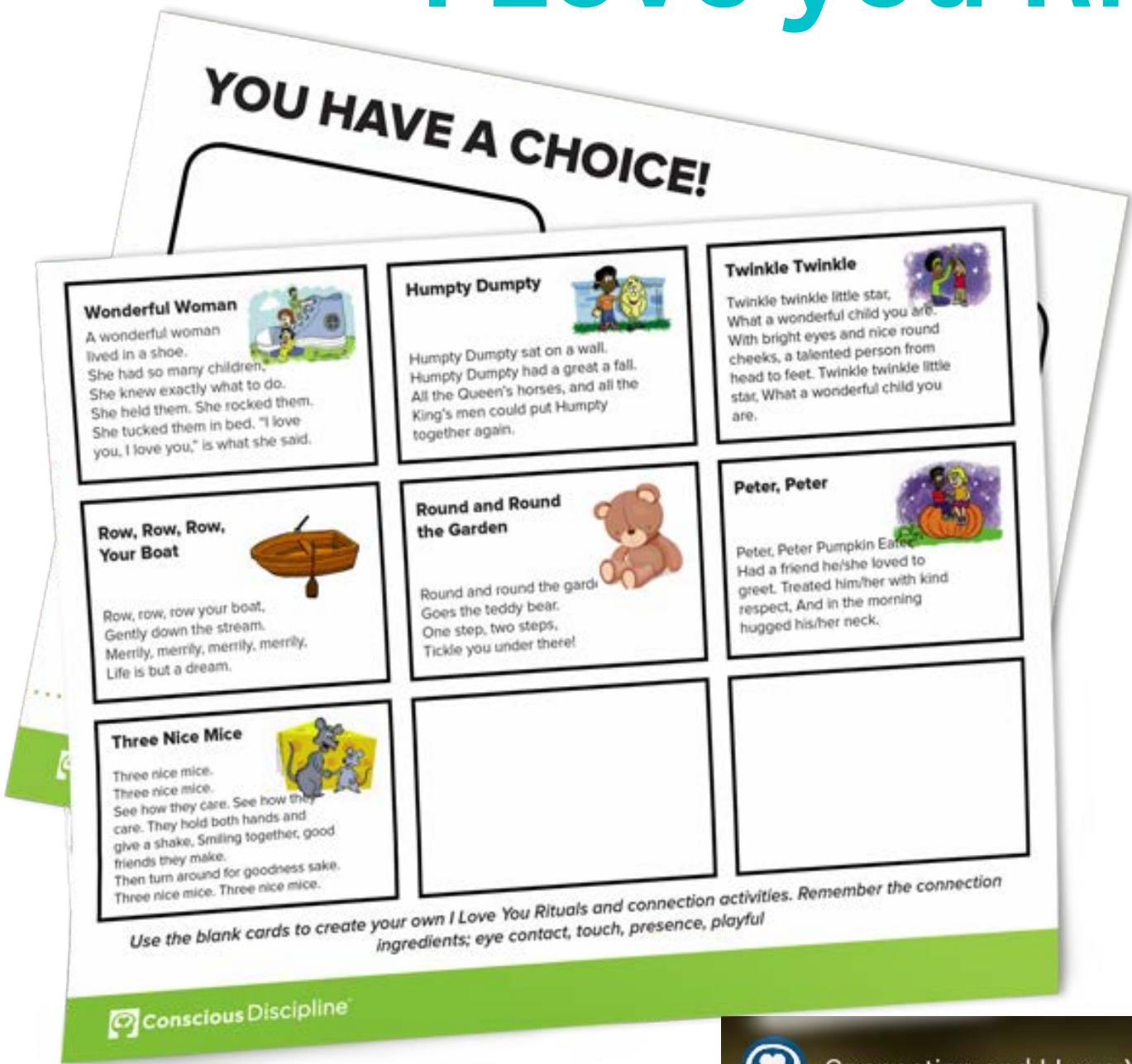


I Love You Rituals are structured connecting activities that include eye contact, touch, presence and playfulness. Families benefit from I Love You Rituals at bedtime, morning routine, before or after meals, when saying goodbye, while on the diapering table, and more.





# I Love you Rituals



# Healthy Relationship Podcasts

## **What is your child's love language**

<https://open.spotify.com/episode/2MblbuApc7LXv4T2oNBzik?si=gYqUAMBOT42cZtJZrbmf5w>

## **Attachment and therapy for dads**

[https://open.spotify.com/episode/5X6dsslHdgeqP3Blx07X9r?si=fb0Fs2hGQlChls9Bluj\\_pw](https://open.spotify.com/episode/5X6dsslHdgeqP3Blx07X9r?si=fb0Fs2hGQlChls9Bluj_pw)

## **Finding joy in our children**

<https://open.spotify.com/episode/7CV7i4QpAzVDhJtdL5ZChA?si=-leTlxOtT--FjRSpUxznXg>

## **Family values**

[https://open.spotify.com/episode/499gG0EKLGGM2sODNrwwsY?si=lcN\\_jGdKSOS\\_zOGYB7SoTw](https://open.spotify.com/episode/499gG0EKLGGM2sODNrwwsY?si=lcN_jGdKSOS_zOGYB7SoTw)

## **Small things often- John Gottman Pod Cast**

[https://open.spotify.com/show/0e1KN182aQsnx4qk1nN3Mf?si=UwE8cUJkT\\_6SxWrfS1AfpQ](https://open.spotify.com/show/0e1KN182aQsnx4qk1nN3Mf?si=UwE8cUJkT_6SxWrfS1AfpQ)

## **Strengthening the couple relationship**

<https://open.spotify.com/episode/5v2DqvmLMGx6C8wT3i1tGy?si=Pl80ZwcsSn6nissknZCXPAA>

## **Relationship safety**

<https://open.spotify.com/episode/3YAJJS7YPw3lf1FQwGbQCnB?si=qtPmk5qdQ9OYsfpTplY-sQ>



THANK  
you

