

Report to PARENTS

Fostering Social and Emotional Learning at Home

Social and emotional learning (SEL) is a framework that gives students the skills to recognize and manage emotions and help solve problems effectively by establishing positive relationships. According to the Collaborative for Academic, Social, and Emotional Learning (CASEL), encouraging SEL yields positive results for students, adults, and school communities. Parents can use these tips to help foster SEL at home.

Focus on Strengths

When your child brings home a test, talk first about what they did well. Then talk about what can be improved. Praise specific strengths; don't just criticize things that were done wrong.

Ask Children How They Feel

When you ask your child about their feelings, the message is that feelings matter and you care. It shows the importance of being a good listener and helps children feel heard in a way that fosters a strong parent-child relationship.

Be Willing to Apologize

Parents need to be able to apologize to their children if what they said was not what they meant. Calmly explain what you really wanted to say. By doing this, you're being a good role model. You're showing how important it is to apologize after hurting someone. You're teaching that it's possible to work through problems with respect for the other person.

Give Children Choices—and Respect Their Wishes

When children have a chance to make choices, they learn how to solve problems. If you make



all their decisions for them, they'll never learn this key skill. Giving children ways to express preferences and make decisions shows that their ideas and feelings matter.

Ask Questions to Help Children Solve Problems on Their Own

When parents hear their child has a problem, it's tempting to step in and take over. However, this can harm a child's ability to find solutions on their own. A helpful approach is to ask good questions. Examples include, "What do you think you can do in this situation?" and "If you choose a particular solution, what will be the consequences of that choice?"