

Social and Emotional Wellness

In 0-6 year olds



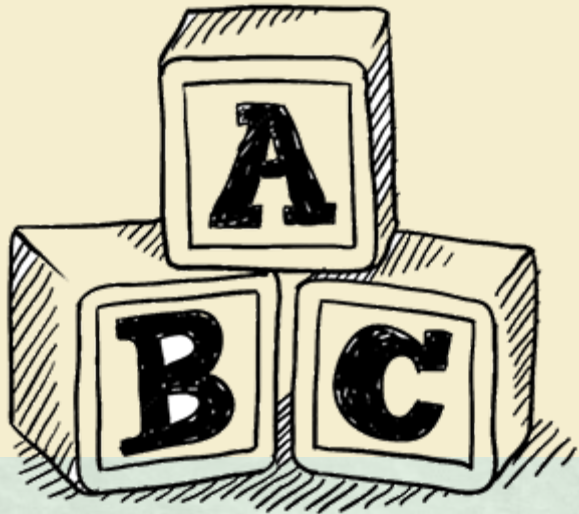
What is Social and Emotional Wellness?

“Social and emotional development is a child’s ability to understand the feelings of others, control his or her own feelings and behaviors, get along with other children, and build relationships with adults” <https://dmh.mo.gov/healthykids/parents/social-emotional-development.html>



Why is Social and Emotional Wellness So Important?

- “Emotional development provides a firm foundation for development and learning across all domains, and the quality of children's relationships and experiences in the early years are crucial” (Niland, 2016).
- Early social emotional skills are related to how socially, emotionally, academically and professionally skilled we are later in life.



Examples of Social and Emotional Wellness Development in 0-6 year olds

Feels safe in your arms and enjoys your hugs (2 months)

May have fears (darkness, loud sounds, changes in routine) (12 months)

Will sometimes stop crying when you talk to him rather than pick him up (6 months)

Likes to do things by herself. She may be stubborn but this is normal (18 months)

Has many emotions and her emotions can be very "BIG". She can get angry and have temper tantrums (24 months)

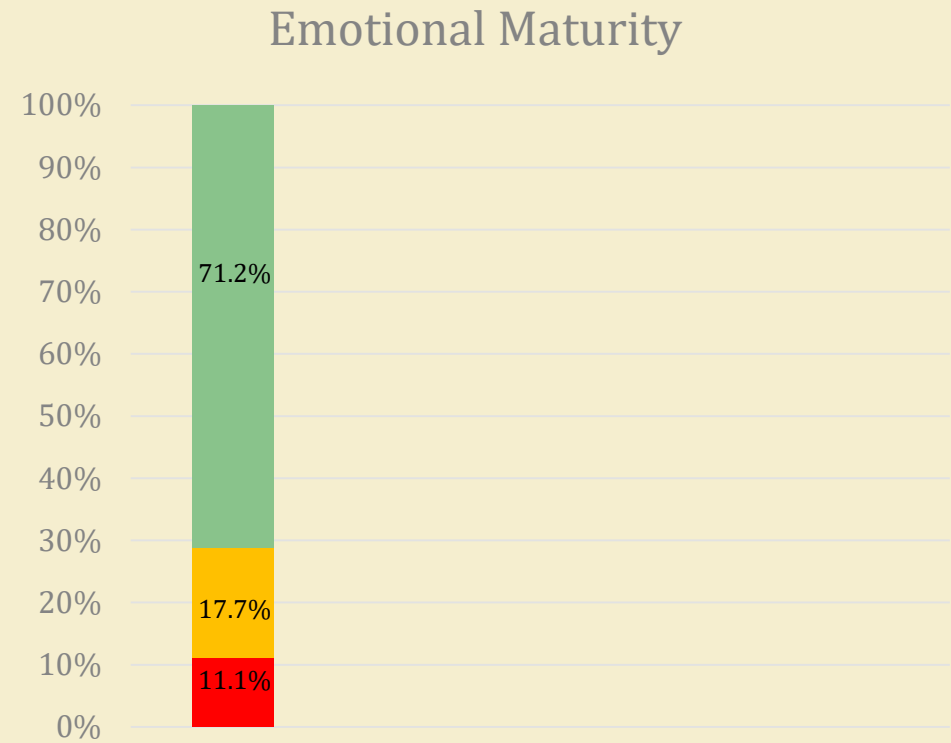
Is beginning to understand other's feelings. He is learning to identify when another child is happy or angry (30 months)

Can sometimes use words to express her feelings (36 months)

Now understands short and simple rules (48 months)

Feels adult approval is very important. Your child looks to adults for attention and praise (60 months)

Social and Emotional Wellness in the Foothills



Alberta Early Development Instrument MD of Foothills 2016 Data Collection



The Focus of the Social and Emotional Wellness Group...



Play • Grow
Connect • Shine

FOOTHILLS CHILDREN'S
WELLNESS NETWORK



Social and Emotional Wellness Framework

Social and Emotional Wellness **refers to a child's ongoing learning how to:**

1. Experience, regulate and express a **full range of positive and negative emotions** using language and behavior.
2. Develop **safe and secure relationships** with adults and other children. These contribute to healthy attachments.
3. Make **age appropriate decisions**. Making mistakes and experiencing successes helps to develop problem solving skills. This is also called **Executive Function**
4. Use the power of play **to build a strong brain**, including outdoor play, child led play, pretend play, play with adults and other children (serve and return play)
5. Develop **healthy daily routines** around things like sleep, eating, activity and screen time.

With the help of a supportive caregiver, children can learn the social and emotional skills that prepare them to be self-confident, trusting, empathetic, curious and able to communicate and get along well with others.

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Reference List

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2. ASQ:SE-2 social-emotional development guide. (n.d.). Retrieved March 26, 2018, from <http://www.brookespublishing.com/resource-center/resource-library/asqse-2-social-emotional-development-guide/>
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4. Heroanto, N. (2016, June 23). *Linked In* [Shared Article]. Author cited the quote from Niland, 2016 in her article.
5. What is Social & Emotional Development? (n.d.). Retrieved from <https://dmh.mo.gov/healthykids/parents/social-emotional-development.html>