

Social-Emotional Learning TIPS for Students & Families

Check in with your child

You can ask:

How do you feel about going to school?

Is anything worrying you?

What was a fun or hard part of today?

Is anyone teasing or bullying you?

Do you have any questions for me?

Keep track of how your child is doing

Pay attention to your child's:

moods

feelings

behaviors

attitudes about school

Create a routine together

Pay attention to your child's:

moods

feelings

behaviors

attitudes about school

Encourage your child by:

staying calm and supportive

helping your child name their emotions

focusing on positive things

sharing why your child is special

talking about why you are proud of your child

drawing and writing together

Help your child address anxiety about safety and uncertainty

If your child is anxious about safety:

- listen to their concerns
- share safety steps they can take
- answer their questions honestly

Help your child address anxiety about separation

If your child is anxious about separating from you:

- listen to their concerns
- practice short times apart
- create a good-bye routine
- send them a special note or photo in their backpack
- assure them you will miss them too

If you need more support, look for it!

You can find out how to:

- contact school counselors or psychologists
- find resources to address stress, anxiety, trauma, or abuse
- connect with other families

Share important information about your child with the teacher

Tell the teacher about your child's:

- strengths and challenges
- ways of dealing with stress
- questions and concerns
- interests and talents

Resources

- <https://www.colorincolorado.org/family-support#:~:text=Create%20a%20routine%20together.,managing%20screen%20time>
- <https://casel.org/sel-discussion-series-for-parents-and-caregivers/>
- <https://casel.org/casel-resources-keeping-sel-developmental/>
- <https://parentswithconfidence.com/calm-down-strategies-for-kids/>