



**Topic: Encouraging Social and Emotional Development in Children and Teens (March 2022)**

**Brief explanation:** Everyone needs to be able to form secure relationships and experience and regulate emotions with others. These resources will give you a few helpful ideas and suggestions to support your child/tween/teen!

<p><b>Parent Information</b></p>	<p><u>6 ways to encourage social development in children using an intentional approach toward building these skills.</u></p>	<p><u>How COVID-19 is impacting kids' friendships and what parents can do to help!</u></p>	
<p><b>Information For Children</b></p>	<p><b>Elementary Age</b></p>	<p><b>Middle School</b></p>	<p><b>High School</b></p>
<p><b>Video material/ checklists by age</b></p>	<p><u>Look through this wealth of videos that you can watch on your own or with your child all related to developing strong social/ emotional skills.</u></p>	<p><u>You will find multiple checklists about social emotional development of children/tweens/teens on this site. It can help you identify your child's strengths and weaknesses in this area.</u></p>	
<p><b>Discussion material/ hands on activities</b></p>	<p><u>Helpful ideas and a list of activities and books that can help your child see the importance of friendships.</u></p>	<p><u>8 practical things families can do at home to support social-emotional learning-because tweens/teens with good SEL skills become more confident adults!</u></p>	

***Click on the link within the chart then "go to page"and it will open for you to see!***