

Skills for Living

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Topic 10-4

Meeting Children's Social and Emotional Needs

- In this topic, you will study the social and emotional development of children, as well as
 - ❖ **Helping children develop independence and responsibility**
 - ❖ **Providing guidance**
 - ❖ **The role of play in social-emotional development**
 - ❖ **Helping children overcome fears**

Meeting Children's Social and Emotional Needs

Objectives for Topic 10-4

After studying this topic, you will be able to

- explain how to help children develop independence and responsibility
- summarize techniques for communicating with children
- give suggestions for guiding children's behavior

Meeting Children's Social and Emotional Needs

Objectives for Topic 10-4

- describe the role of play in social-emotional development
- describe ways to help children overcome their fears

Topic 10-4 Terms

- ❖ self-image
- ❖ guidance
- ❖ developmentally appropriate practices
- ❖ modeling
- ❖ setting limits
- ❖ consistency
- ❖ positive reinforcement
- ❖ redirection
- ❖ prompting
- ❖ consequences
- ❖ time out

Helping Children Develop Independence and Responsibility

- Children form opinions of themselves by picking up on feelings and attitudes from their caregivers and others
- Children translate the messages they receive into a *self-image*, or the way they see themselves
- As children develop independence and responsibility, they get a more fully developed picture of themselves

Helping Children Develop Independence and Responsibility

- Give help only when children need it
- Allow them to make choices
- Allow them to solve their own problems
- Let them learn to accept the consequences of decisions
- Encourage them to care for their belongings



Providing Guidance

- ***Guidance*** includes everything caregivers do to promote socially acceptable behavior in children
 - ❖ ***Extrinsic guidance*** comes from factors in a child's environment that guide his or her behavior
 - ❖ ***Intrinsic guidance*** is self-control or self-discipline

Communicating with Children

- Maintain eye contact
- Keep message simple
- Speak in a relaxed voice
- Reinforce words with actions
- Use positive statements
- Answer questions briefly and truthfully

Developmentally Appropriate Guidance

- *Developmentally appropriate practices* are those that are suited to the developmental characteristics and needs of the individual child



Guidance Techniques

- ***Modeling*** is exhibiting good behavior in front of children, which the children then copy
- ***Setting limits*** is giving children guidelines, or rules, of what they may and may not do
- ***Consistency*** is enforcing rules the same way each time

Guidance Techniques

- ***Positive reinforcement*** is rewarding good behavior in order to encourage repetition of it
- ***Redirecting*** is focusing the child's attention on something else by providing an appealing substitute
- ***Prompting*** is asking questions that encourage children to exhibit desired behavior

Guidance Techniques

- ***Consequences*** are results that follow an action or behavior
 - ❖ ***Logical consequences*** are results that relate to misbehavior
- A ***time out*** is moving a child away from others when she or he exhibits disruptive behavior



Parenting Styles

- *Authoritarian parents* maintain control and expect conformity
- *Permissive parents* allow children to make all their own decisions without boundaries
- *Democratic parents* allow freedom within structure

Activity

- Make the following negative statements into positives

Negative	Positive
Don't eat with your hands.	
Don't throw clothes on the floor.	
Don't write on the walls.	

The Role of Play in Social-Emotional Development

- As children play, they interact with people and objects
- Games promote trust between child and caregiver
- Playing with others promotes
 - ❖ cooperation
 - ❖ sharing
 - ❖ self-esteem



Helping Children Overcome Fears

- A caregiver
 - ❖ should respect a child's fears
 - ❖ can encourage a child to overcome fear
 - ❖ should avoid forcing a child into a situation that he or she finds frightening
 - ❖ can help familiarize the child with feared objects and situations

Summary for Topic 10-4

- Caregivers must help meet children's social and emotional needs
- Parents need to communicate with their children and teach them independence and responsibility
- Appropriate guidance must be provided to direct children's behavior
- Parents can help their children overcome fears