

## **Parent Ed Night – January 15 Notes and Recap**

Here is a plethora of articles relating to social-emotional development. Don't worry; there's no rush to get through them all -- there's no pop quiz coming next week ;) However, I wanted to send enough that had a variety of perspectives -- some from a teacher perspective as well as from a parent perspective -- because as it turns out, supporting your child's emotional and social growth is an essential job for both parents and teachers alike!

Much of your child's emotional and social development revolves around healthy, trusting relationships. Remember, children are learning how to make sense of their emotions, express their emotions (while still trying to make sense of them), and respond to other's emotions appropriately -- all for the first time in these early years! One of the biggest things we can do when our children are expressing some "BIG" emotions is to actually bring ourselves down to a calm, almost zen-like state (which is often the *hardest* thing to do in the moment) because what your child is telling you is, "I'm at a point where I can't calm down, and I *really* need you (my most trusted adult) to help me calm down because I can't do it myself, and if you start reacting with big emotions, that's going to make me feel even more scared/unsettled/insert-appropriate-adjective-here!" And believe me, when I tell you, that's is one of the HARDEST things to do when you are flooding with your own emotions...especially in the moment!

But just like your children do every day, several times a day while at Wildflower, it will take practice for you to remain calm in those moments of big expression. And I also want you to know it's completely normal and appropriate for ***you*** to feel big/frustrated/angry/again-insert-adjective feelings. You're human, for goodness sake! However, being the grown-up, you've got to try your best to keep it together and model how you'd like your child to respond -- because they're always watching and learning from us, and the more collected you can remain while still verbalizing your honest feelings about the current situation, the calmer your child will be when they get mad. Related to this, just remember that this will ***not*** happen overnight, so be prepared for lots of learning opportunities to be presented. One of the things that will best help change your child's response to big emotions and feelings will be the consistency in your response.

### **Articles**

[Promoting Social And Emotional Health](#)

[Teaching Emotional Intelligence](#)

[Building Meaningful Relationships With Children That Show Challenging Behaviors](#)

[Self-Compassions and Its Connection To Academic Success](#)

[Addressing Challenging Behaviors Taught By Parents](#)

Bonus article about whining (which we briefly touched on but weren't able to get into too much...at least not this time, but I'm guessing we could talk more about it in a future Parent Ed talk) -- credit to my podcast co-host Mike Huber for sending this along. <https://www.mother.ly/child/the-science-behind-why-kids-whine>

And special thanks to Jodi (Erik's mom) for sending along this additional bonus article on Conscious Discipline. After reflecting on where our conversation went, I think February's topic might be revolving around that very topic!  
<https://consciousdiscipline.com/why-conscious-discipline-consequences-work/>