

EMOTIONAL & SOCIAL COMPETENCE OF CHILDREN

Children have **emotional competence** when they can express their feelings and needs. They have **social competence** when they understand the feelings and needs of others. You can teach your children these important life skills!



INFANTS

Acknowledge their feelings.

Example: If your baby trips and starts crying you can say to them "Ouch! I'm sure that hurt. Let's make it feel all better."

YOUNG CHILDREN

Teach empathy.

Example: While reading with your child, ask them about specific emotions, like "How do you think Mr. Bear is feeling right now?"

OLDER CHILDREN

Show care for others.

Example: When they come home from school, ask your child how they are feeling and how their friends are: "What was the best part of your day?" and "How is your friend Sammy?"

TEENAGERS

Help them see a situation from a different point of view.

Example: Your child is telling you about a problem with a friend. After you acknowledge their feelings, you can say something like, "Have you thought about..." or "Maybe they meant..."



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