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

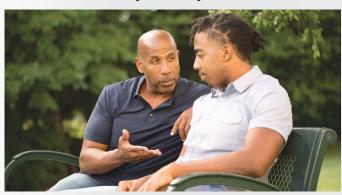
Show care for others

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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