



Issue 62 | March 2018

Spotlight on Social and Emotional Learning

A Note from the Director

Greetings,

Research increasingly suggests that social and emotional learning makes a positive difference for children as it relates to important life outcomes like academic success as they progress through school and in terms of earnings potential as adults in the workforce. The encouraging news is that these interpersonal or soft skills can be taught and nurtured by parents, caregivers, educators and service providers to support children in developing their ability to communicate effectively and to regulate emotions and behavior in ways that lead to improved social interactions and long-term positive outcomes. We hope that the following tips and resources will be helpful to you and the families you serve as we work together to provide children the best possible foundations for success!

Best Regards,

Robyn Cenizal, CFLE
Project Director

Tip of the Month

Your monthly tip to strengthen the relationships of those you serve. Share it - Post

Parents and caregivers play a large role in their children's social and emotional development, which encompasses mental health, social competence, and overall wellbeing. Here are a few tips on how they can support this development and foster healthy relationship skills:

- **Provide a safe, loving environment for your child to feel comfortable communicating with you.** Help your children express their feelings through language, art, and play.
- **When your child expresses their feelings and needs, be responsive and supportive.**
- **Be a good role model.** Children frequently learn behaviors from their parents, so work to express your own emotions in constructive ways.

You can find more tips like these in our virtual library on the [Strengthening Families: Social and Emotional Competence](#) tip sheet.

Featured Resources

The Resource Center's **Virtual Library** has collected more than 3,000 materials in a variety of formats including fact sheets, research-to-practice briefs, brochures, pamphlets, training resources, program reports or evaluations, and research materials.

- **Why Good Health Matters in Relationships**
This tip sheet provides suggestions to help safety-net service providers raise consciousness and help couples start off on the path to improving their health and wellbeing, benefitting individuals and promoting stability for couples and families. Role modelling healthy behaviors can influence how children approach their own wellbeing.
- **Results-Based Public Policy Strategies for Promoting Children's Social, Emotional and Behavioral Health**
This paper highlights research-based effective strategies for promoting children's social, emotional, and behavioral health and is intended to be a companion piece to the children's social, emotional, behavioral health section on PolicyForResults.org. It provides guidance on maximizing federal resources and highlights State examples of effective policies and financing approaches.
- **Building Strong Parenting Partnerships**
This tip sheet reviews the concept of parenting styles, including two key elements of parenting: parental responsiveness (i.e. warmth or supportiveness) and parental demandingness (i.e. behavioral control), which can influence a child's social and emotional development in different ways.

Events

The Resource Center's **Events Calendar** offers a listing of Resource Center events and other national, regional, and community-wide events that might be of interest. Upcoming events include:

- **Southeastern Council on Family Relations (SECFR), March 8-10, 2018**
The Southeastern Council on Family Relations (SECFR), a state affiliate of the National Council on Family Relations (NCFR), has announced its annual conference on "Families of Tomorrow: The Intersection of Theory & Practice" on March 8-10 in Baton Rouge, Louisiana. SECFR is a regional affiliate of the National Council on Family Relations and exists to provide a collaborative network for family professionals and provide a forum for dissemination of family research in its nine member states: Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, North Carolina, South Carolina, and Tennessee.
- **EVAWI International Conference on Sexual Assault, Domestic Violence, and Gender Bias, April 3-5, 2018**
The End Violence Against Women International (EVAWI) annual conference focuses on sexual assault, intimate partner violence, stalking, human trafficking and elder abuse. EVAWI brings together law enforcement personnel, prosecutors, victim advocates, judges, parole and probation officers, rape crisis workers, health care professionals, faith community members, educators, researchers and others in this three day conference highlighting promising practices and emerging issues to effectively respond to these crimes in all of our communities. This year's conference is being held from April 3-5, 2018 in Chicago, IL.

Plan on attending? Be sure to visit the Resource Center's exhibit table!

Feedback and Technical Assistance

To learn more about the Resource Center, visit us at <http://www.healthymarriageandfamilies.org/>.

The National Resource Center for Healthy Marriage and Families supports human service providers as they integrate healthy marriage and relationship education skills into service delivery systems as part of a comprehensive, culturally appropriate, family-centered approach designed to promote self-sufficiency.

If you have suggestions or wish to speak with a Resource Center staff member, please [contact us](#) and we will be happy to assist you. To learn more about free training and technical assistance available to human service agencies, visit our [Training and Technical Assistance page](#).

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