

Kid Esteem Center for Social Learning

175 South 11th Street
Lindenhurst NY 11757
631-321-6675
KidEsteem@aol.com
KidEsteem.com

Building Social and Emotional Intelligence in our Families

How do our social experiences influence how we guide our children to be successful in their social experiences?

What are the challenges that our children face in managing emotion and dealing with social situations?

How can we engage our children to empower their social and emotional competence and success?

How can our families work to ensure our children's social and emotional competence and success?

When you attended elementary school, what kind of friend were you?

- ☐ Shy? _____
- ☐ Outgoing? _____
- ☐ A Chatterbox? _____
- ☐ A Cry Baby? _____
- ☐ Bossy? _____
- ☐ A Loner? _____
- ☐ A Sore Loser? _____
- ☐ A Trouble Maker? _____
- ☐ A Social Butterfly? _____
- ☐ Popular? _____
- ☐ Awkward? _____
- ☐ A Leader? _____
- ☐ A Follower? _____
- ☐ A Bully? _____
- ☐ A Target? _____
- ☐ Anxious? _____
- ☐ Overwhelmed? _____
- ☐ _____

When managing and thinking about your child's social life, do you...

- ☐ take control? _____
- ☐ get anxious? _____
- ☐ get excited? _____
- ☐ overdo it? _____
- ☐ avoid it? _____
- ☐ set the agenda? _____
- ☐ let the kids deal with it? _____

We need to be aware of and take responsibility for our own social and emotional issues and agendas in order to successfully guide our children toward social competence.

How do you see your child behaving in social situations?

	Never	Sometimes	Most of the time	All of the time
Shy				
Bossy				
Silly				
Sore loser				
Aggressive				
Passive				
Anxious				
Never satisfied				

What do your child’s preferences seem to be with regard to social interaction?

- ☐ One friend at a time? _____
- ☐ Larger groups? _____
- ☐ Playdates everyday? _____
- ☐ Playdates once in a while? _____
- ☐ Playdates never? _____
- ☐ One particular child? _____
- ☐ Many different children? _____

A major challenge that impedes my child’s social competence is _____

Our goal is to _____

The Empathy Script

The Situation: _____

1. Mirror your child's response by repeating back what your child is saying, and check it out with him or her:

"So you _____..."
"It sounds like _____..."
"I see that you _____..."
"... _____ Is that right?"

2. Validate what you know about your child's underlying feelings:

"I know you get _____"
"It makes sense that you _____"
"You're right. It is annoying that _____"

3. Empathize with your child and take responsibility for your part of the problem:

"I hated it when I _____"
"I know for me this was _____"
"I know that I can get _____"

4. Align with your child in a way that takes a stand for his or her best interests:

"Sorry, I love you too much to let you _____"
"I have to make sure that you are able to _____"
"We need to _____"

5. Clarify the stand you are taking without over-explaining:

"So, I know you _____, but we have to _____"
"I get that it's _____, but now it's time to _____"
"I understand that _____, but I need _____"

Social / Emotional Skills and the Family

Your family is one of the most important social groups your child will ever participate in. With some direction and structure, you can utilize the family to support and challenge your child's social growth and acquisition of skills.

- ❖ ***The Family Team Meeting / All in the Same Boat*** – “How can our family work together to make sure we're as happy as we can be?”
- ❖ ***The Casual Throw Away Line*** – “Wow, I remember how crazy my lunch room was... do the lunch ladies yell a lot in yours?”
- ❖ ***One on One Play and Projects*** – “What's something we can work on together?”
- ❖ ***How To Be a Winner Every Time*** – “What are the different ways we can all 'win' in our family?”
- ❖ ***Emotionally Intelligent Table Talk*** – “What happened today that made you mad? ... sad? ... scared? ... frustrated? ... happy?”
- ❖ ***Play It Back*** – “Let's look at what happened before...”
- ❖ ***Play It Out*** – “Let's practice ... asking your teacher for help... saying 'hello' at the party...”
- ❖ ***Duo-liners*** – “What would be a good response if someone said... 'what did you do this weekend'...?”
- ❖ ***Scripting*** – “Let's write down the best way to handle it...”
- ❖ ***Social Cue Charades*** – “What do you think this pose is saying?”
- ❖ ***Photo Albums*** – “What do you think he's thinking? ... How do you think she's feeling?”
- ❖ ***Spotlight*** – “Sit in the chair and we'll all ask you questions..”
- ❖ ***Social Etiquette in the Family*** – “Let's remember hellos, goodbyes, please, thank you...”
- ❖ ***Meeting the Social Challenge – Games and Contests*** – “Let's see how many times you can... Let's try and break your record... Let's see how long we can... (any social goal and/or measurable behavior)”

For better or for worse, you are the most important and influential teacher your child will ever have!