

Parent Toolkit CASEL: Tips for Parents

SEL Strategies for Parents

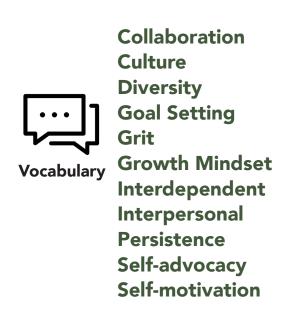
<u>Technology at Home:</u> <u>Developing the Social Self</u>



- Apply a strategy for success (based on the reasons for their emotion).
- Differentiate behaviors/responses based on the situation.
- Monitor progress on ongoing goals, reflecting on the next steps.



- Demonstrate empathy and articulate others' points of view.
- Understand others' differences and respect them.
- Contribute ideas in a team setting and listen to others.
- Problem-solve interpersonal conflicts.



- Encourage your child to participate in activities after schoool.
- Set clear expectations and stick to them.

• Talk through problems, logical consequences, and resolutions with your child.

• Engage in regular conversations with children about their emotions, being careful not to tell them how they feel.

