

Social and Emotional Learning
Roundtable

October 19, 2020



The Brain and Social-Emotional Learning

- The brain is the foundation for social and emotional growth as well as physical, cognitive, and language growth.
- Any trauma to a child's physical or mental wellbeing will ultimately result in delayed social and emotional development.



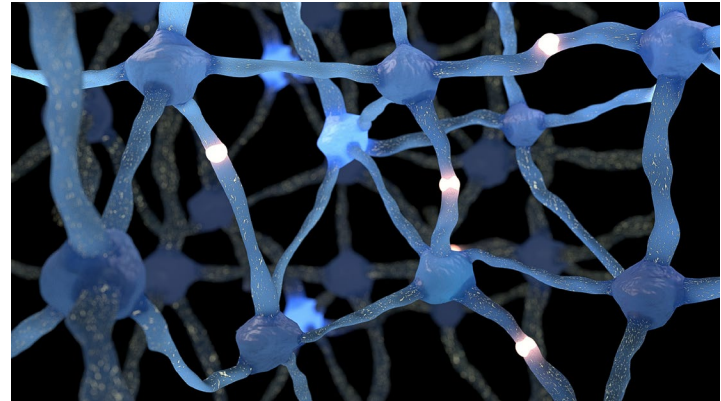
It's All About Brain Development

- The brain rapidly develops from birth to age 3.
- By age 3, the brain has grown to 80% of its adult size.



Building Brain Pathways

- The developing brain is creating and strengthening new connections.
- The brain also prunes unused pathways.



Factors that Influence Brain Development

Needed for Brain Development	Barriers to Brain Development
Oxygen Proteins and nutrients Sensory stimulation Activity Social interaction	Lead Mercury Neglect Abuse Chronic stress

(Shonkoff & Phillips, 2000)

What Does Each Child's Brain Need?

- Playfulness
- Connection
- Positive Touch
- Eye Contact
- Encouraging Conversation
- Stop-Go games for Impulse Control

Trauma and Social-Emotional Learning

- Trauma negatively impacts social-emotional growth.
- Consider these five steps to help a child in distress:
 - Know your own triggers
 - Model breathing and calm for the child
 - Notice, do not judge
 - Find something you have in common with the child
 - Continuously seek connection

Recognizing Implicit Bias

- Children experience social-emotional growth differently.
- Factors such as poverty, race, and language influence a child's social-emotional growth.
- A recent article from the NAEYC notes that African American boys are suspended or expelled at higher rates than their peers.

NAEYC Recommendations

- NAEYC recommends using the following strategies to create culturally responsive classrooms for social-emotional growth:
 - Learn about your children and families
 - Develop and teach expectations
 - Take the child's perspective
 - Teach and model empathy
 - Use group time to discuss conflict

Diversity-informed Tenets

- Tenets are principles or beliefs associated with a specific philosophy.
- Developed and disseminated by the Tenets Initiative, the *Diversity-Informed Tenets for Work with Infants, Children and Families* (Tenets) are a set of **ten** strategies and tools for strengthening the commitment and capacity of professionals, organizations, and systems that serve infants, children, and families to embed diversity, inclusion, and equity principles into their work.

Anti-bias Education Goals

- Created by Louise Derman-Sparks & Julie Olsen Edwards (2010), [*Anti-Bias Education for Young Children and Ourselves*](#) offers practical guidance to early childhood educators (including parents) for confronting and eliminating barriers of prejudice, misinformation, and bias about specific aspects of personal and social identity; most importantly, it includes tips for adults and children to respect each other, themselves, and all people.

Diversity-informed Tenets and ABE Goals

Tenet 1: Self-Awareness Leads to Better Services for Families

Tenet 2: Champion Children's Rights Globally

Tenet 3: Work to Acknowledge Privilege and Combat Discrimination

Tenet 4: Recognize and Respect Non-Dominant Bodies of Knowledge

Tenet 5: Honor Diverse Family Structures

Tenet 6: Understand That Language Can Hurt or Heal

Tenet 7: Support Families in Their Preferred Language

Tenet 8: Allocate Resources to Systems Change

Tenet 9: Make Space and Open Pathways

Tenet 10: Advance Policy That Supports All Families

ABE Goal 1

Each child/adult will demonstrate self-awareness, confidence, family pride, and positive social identities.

ABE Goal 2

Each child/adult will express comfort and joy with human diversity; accurate language for human differences; and deep, caring human connections.

ABE Goal 3

Each child/adult will increasingly recognize unfairness, have language to describe unfairness, and understand that unfairness hurts.

ABE Goal 4

Each child/adult will demonstrate empowerment and the skills to act, with others or alone, against prejudice and/or discrimination

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