

Motivation Monday, May 18, 2020

Supporting Families and Children with HOPE: Spotlight on Social and Emotional Development

“I don’t think anyone can grow unless he’s loved exactly as he is now, appreciated for what he is rather than what he will be.” –Fred Rogers

A Parent’s Definition of Concrete Supports, Adapted from the [PA Strengthening Families Website](#)

The Family Support Team recognizes that during these trying times it is important to assist families with HOPE. Many of us have learned about the lasting impact that adverse childhood experiences (ACEs) can have on children. The language of [Healthy Outcomes from Positive Experiences \(HOPE\)](#), developed and promoted by a team from the Center for Community-Engaged Medicine at Tufts Medical Center, “is a new way of seeing and talking about experiences that support children’s growth and development into healthy, resilient adults.” It uses a positive lens to consider how positive experiences can help to protect children from adverse experiences and even become the foundation for healing.

HOPE reminds us that “even in the face of adversity, key positive experiences help us heal.” The [four building blocks](#) that form the foundation for positive experiences include relationships, environment, engagement, and social and emotional development. Like the Strengthening Families™ Protective Factors, these building blocks are protective and promotive – they act as buffers *and* actively promote well-being. [Sege and Harper Browne](#) identify the connection between caregiver and child as guiding principle of HOPE, stating “child and parent health and well-being are inextricably linked. Thus, positive experiences must promote child health, parent health, and a healthy parent–child relationship.” Family support professionals can partner with caregivers to create environments where children benefit from the positive experiences described in each building block.

The Family Support Team will share resources for HOPE and the Strengthening Families™ Protective Factors through the continuation of *Motivation Mondays!*

This week, the Family Support Team is focusing on Social and Emotional Development.

Why This Building Block Matters

Children develop social skills, understanding of their emotions and emotional regulation through nurturing, trusting relationships with the adults in their lives. [Zero to Three](#) in an article applauding the RISE Act states: “Healthy social-emotional development is the bedrock of brain development. Not only do early relationships set the stage for later relationships, they also give babies the confidence to explore their world and teach them skills like persistence and cooperation so they can be successful learners.”

Part of supporting children’s development of healthy social and emotional skills is checking in with ourselves as the adults in a child’s life. Are we aware of our own emotions and able to label how we are feeling? Can we control our emotions-express happiness, frustration, sadness in ways that do not overwhelm those around us, and keep tension with others separated from our interactions with children? Are we empathetic and able to listen to others and get excited with others as they explore new concepts? Do we model positive relationships-demonstrate respect for others and apologize when we make a mistake? In what ways do we demonstrate responsibility for our choices, choose ways to support others, and affirm others for their efforts?

Parents, family members, neighbors and the professionals such as home visitors, child care workers and teachers all have an impact in the development of children's social and emotional competence. The [Center for the Study or Social Policy](#) discusses Social and Emotional Competence in children in the "Core Meanings of the Strengthening Families Protective Factors". It describes actions adults can take: set clear expectations; encourage and reinforce social skills such as greeting others and taking turns; and provide opportunities to solve problems.

Interested in Learning More? Related Resources:

- The HOPE team developed worksheets that will help [family support professionals](#) and [programs](#) to incorporate these concepts into their work.
- [Edutopia](#) has a series of activities and videos for parents to support their children's social and emotional learning.
- Collaborative for Academic, Social, and Emotional Learning (CASEL), provides guides to evidence based programs and other information for family support professionals. In response to COVID-19, [CASEL CARES](#) provides links to weekly webinars and other guidance.
- The at [Family Tools](#) the Center on the Social and Emotional Foundations for Early Learning provides information for families.
- The [Peal Center](#) has resources for families with children who have special needs.
- The [National Association for the Education of Young Children \(NAEYC\)](#) recommends books and activities that promote healthy social and emotional development.
- The National Institute for Health Care Management (NIHCM) Foundation is sharing a *free* webinar, [Growing Challenges of Substance Use, Treatment & Recovery During COVID-19](#). Register now for the May 18th webinar now!

Our Communities' Response

The [medical staff at Jefferson University Hospital in Philadelphia](#) found a fun and creative way to take a break while boosting morale and building teamwork. The nurses of the Float and Per Diem Pool posted several dance videos, with their latest a performance of Ciara's "Level Up" song. Watch their video, and see why their dance caught attention of Ciara herself!

Interested in sharing something positive from your community? Please send a message to your designated Family Support Consultant or Technical Assistance Specialist!

Social Media

- Thinking about using apps to engage families with social and emotional learning activities? Try [Special Ed Tech Tips](#).
- Many people appreciate this video, ["Just Breathe"](#) on YouTube.

Please note that ChildLine is still available 24/7 to anyone wishing to report child abuse and general child well-being concerns at **1-800-932-0313** and at www.KeepKidsSafe.pa.gov.

Accessing support during this unprecedented time has gotten a little easier with the support of The Department of Human Services (DHS) [newly developed Support & Referral Helpline](#) at 1-855-284-2494. For TTY, dial 724-631-5600.