

Supporting your Child's Mental Wellness: Social and Emotional Learning (SEL)

Social and emotional skills add to your child's well-being and help them cope with life's challenges.

Social and Emotional Learning (SEL) is the life-long process of learning social and emotional skills that are important for healthy relationships, mental well-being, and thriving at school and in life.



Why is SEL important?

Social and emotional learning supports children to:

- Have more **positive peer relationships** and school experiences
- **Cope** with life's challenges
- Improve **academic performance**
- Have better **mental health**

Did you know?

SEL is integrated into the school curriculum in British Columbia. All B.C. students take part in SEL although the approaches may vary.

Find out what's happening at your child's school:

- ✓ Connect with your child's school [or teacher] to find out about SEL initiatives
- ✓ Check out your child's school newsletter

Using some of the same SEL strategies at home as your children are learning at school can support their social and emotional development.

Strategies for Supporting Social and Emotional Learning

Tips for supporting your child's social and emotional learning at any age:

Model kindness, compassion and helping others. If your child sees you doing these things, they are more likely to build these important social skills.

Invite your child to **talk about what's going on in their lives**, and listen without judgment or trying to fix the problem. Ask them how you can best support them during challenging times.

Ask yourself - **What is the need behind the behaviour that I am observing?**



Help your children **build awareness of emotions** by talking about your own feelings and validating all emotions
(It's okay to feel sad, angry, disappointed...)



Validate your children's feelings. Discuss healthy and unhealthy **ways to express emotions** that align with your home and cultural values.

For example, hitting a pillow may be okay, but hitting people is not okay.



Try out different ways to **deal with emotions** in healthy and culturally appropriate ways.

Listen to music, read a book, draw, take a walk (especially in nature), move your body, or seek support through friends and family.

Children and adolescents go through different periods of social and emotional development as they grow.

Check out this page for more [information on social and emotional growth and development](#) over the years.



Resources to support your child's social and emotional skills at home

[Understanding social & emotional development](#)



[Podcast: SEL Supports at Home](#)



[SEL Tips for Families](#)



[Podcast: Social and Emotional Development in the Early Years](#)

