



Schools, Families and, Social and Emotional Learning

Schools and families have essential roles to play in promoting children's positive development and academic performance. When educators and parents work together as partners, they create important opportunities for children to develop social, emotional, and academic competencies. These skill sets are enhanced when they are mutually supported and reinforced at home and at school (Albright, Weissberg & Dusenber, 2011). Social and emotional learning (SEL) revolves around the five broad areas of competence depicted below.

What can families do to reinforce SEL at home?

Competency	Family Actions
Self-awareness	<ul style="list-style-type: none"> Recognising one's emotions and values as well as one's strengths and limitations Focus on a child's strengths and praise specific strengths Ask children how they feel and explore a range of emotions
Self-management	<ul style="list-style-type: none"> Managing emotions and behaviours to achieve one's goals Find ways to stay calm when angry or upset Help children to develop and achieve goals
Social awareness	<ul style="list-style-type: none"> Showing understanding and empathy for others Encourage sharing and helping at home and in the community Talk positively about diversity at school and in the community
Relationship skills	<ul style="list-style-type: none"> Forming positive relationships, working in teams, dealing effectively with conflict Be willing to apologise. This role models respect for others Encourage children to identify significant adults they can go to for help
Responsible decision-making	<ul style="list-style-type: none"> Making ethical, constructive choices about personal and social behaviour Give children choices and respect their wishes Ask questions that help young people solve problems on their own

Adapted from: Fredericks L, Weissberg R, Resnick H, Patrikakou E & O'Brien MU, 2005, *Schools, Families, and Social and Emotional Learning – Ideas and Tools for Working with Parents and Families*. CASEL and Mid-Atlantic Regional Laboratory for Student Success.



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Archdiocese of Melbourne