

# Social Emotional Development: What is it and Why is it Important?



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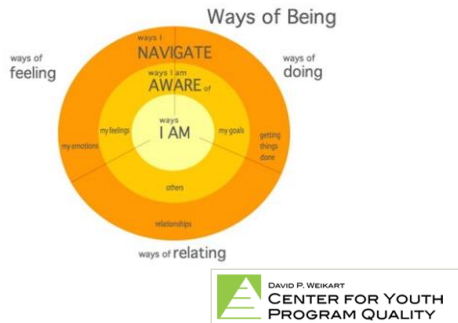
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## Social/Emotional—Myself and Others



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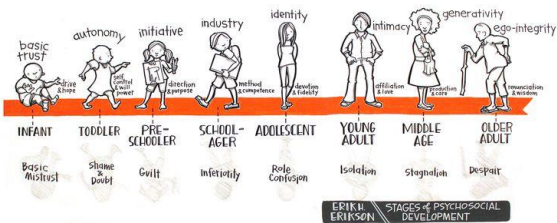
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## Attachment—Harlow’s Experiment




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## Attachment

Attachment Category	Maternal Behavior	Infant Behavior
<b>Secure</b>	Sensitively reads child's cues for comfort and responds effectively	Can signal distress, be comforted, resume play and exploration
<b>Anxious-ambivalent</b>	Attends to infant when it serves her own needs; may ignore infant's signals of distress	Find it difficult to allow themselves to be comforted; usually anxious during play
<b>Anxious-avoidant</b>	Ignores or feels anger toward infant much of the time	Appears to be unusually independent in play but maintains proximity to mother without engaging her

(Ainsworth, Blehar, Waters, & Wall, 1978)

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“Consistent, **nurturing relationships** with the same caregivers early in life are the cornerstones of emotional and intellectual competence.”

--Greenspan

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## Responsive Caregiving

- Meets child's basic needs
  - Consistent, predictable routine
- Use of physical support (holds for calming)
- Use of eye contact
- Opportunities for back and forth communication
- Use of calm voice

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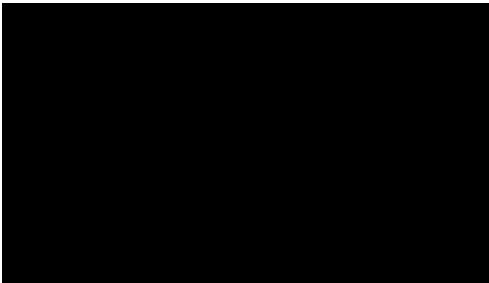
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## The Marshmallow Experiment



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*'To even want to delay gratification requires a **trust expectation** that's often not there for kids for whom self-control and delayed gratification is most difficult.'*

*--Mischel*

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### Silly experiment, Serious results

Those who were able to wait fared better on a variety of indices, including **higher SAT scores**, **better ability to cope with stress** and a **lower body mass index**.

--Mischel

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### Multiple Effects

High levels of **self-control** have **better relationships**, are **happier**, have **less stress**, are in **better physical health**, have **better mental health** and **live longer**.



-Baumeister

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Social Cues  
and  
Emotional Literacy

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### “Reading” Facial Expressions



93 percent of communication effectiveness was determined by **nonverbal cues** and 7 percent by the words that were spoken

--Mehrabian

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### Emotions and Self-Regulation

“I hate you!”

*“I don’t want to be your friend!”*

“You are NOT invited to my birthday party!”

**All of these statements MEAN...**

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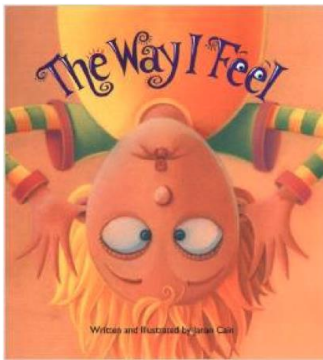
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‘Feelings come and feelings go...sometimes I don’t know what they’ll be. Whatever the feelings are, they are all a part of me!’

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Time IN  
vs.  
Time Out

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### Gartrell's Conflict Resolution

1. Cool Down
2. Identify Problem
3. Brainstorm Solutions
4. Go for it
5. Follow-up



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### Social Stories



Using Symbolic Expression allows children to experience  
***"the idea of emotion"***

--Brazelton and Greenspan

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# Emotional Coaching



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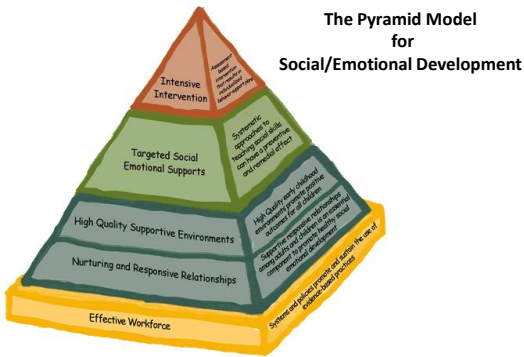
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<http://csefel.vanderbilt.edu/>

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# Resources



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