# VIRTUAL kit: SUPPORT SOCIAL COMPETENCE THROUGH STRATEGIES FOR BIRTH-5

**Kit QT**

The definition of social emotional development according to the Center on the Social and Emotional Foundations for Early Learning is: “…the developing capacity of the child from birth through five**…**to form close and secure relationships; experience, regulate, and express emotions in socially and culturally appropriate ways; and explore the environment and learn - all in the context of family, community, and culture.”  As a childcare provider, you want to help develop key social emotional skills will be needed for success in school and later life that include building confidence, the capacity to develop good relationships with peers and adults, concentration and persistence on challenging tasks, the ability to effectively communicate emotions, to listen to instructions and be attentive, and to solve social problems.  As adults, we help children learn to form relationships, express emotions, self-regulate, explore with security and develop “emergent” emotional literacy. We can help children develop these skills during one-on-one time, in play, and during routines that establish patterns of caring interactions, by providing quick and predictable responses, cuddling and gentle touch, talking, reading and singing.

Understanding of the importance of social/emotional development has greatly expanded in recent years.  We must be prepared to provide a rich learning environment to support the positive social and emotional development of young children, to prevent problematic behaviors, and be prepared to respond should problems occur.  We hope through this virtual kit you will have a better understanding of early social emotional development and techniques to help young children form relationships with adults and peers, understand and express emotions appropriately, and use coping strategies to self-regulate.

**SHOW ME NOW! - I NEED IT TOMMOROW:**

[Center on the Social and Emotional Foundations for Early Learning](http://csefel.vanderbilt.edu/resources/strategies.html#list)

[Conscious Discipline](https://consciousdiscipline.com/free-resources/)  
Scroll down to Free Membership: click on link and set up an account.  Once your account is set up you can see list of free printable resources for Administrations, Teachers and Parents.

[Early Childhood Mental Health Consultation](https://www.ecmhc.org/TTYC/index.html)

**WHAT DOES THIS LOOK LIKE IN PRACTICE? - I HAVE A LITTLE MORE TIME TO READ ABOUT THIS**

[Zero To Three – Social Emotional Skills](https://www.zerotothree.org/resources/series/developing-social-emotional-skills)

[Teaching Tools For Young Children! User’s Manual](http://challengingbehavior.cbcs.usf.edu/Pyramid/pbs/TTYC/index.html)

[Teaching Tools For Young Children~ Routine Based Support Guide](http://challengingbehavior.cbcs.usf.edu/docs/ttyc/TTYC_RoutineBasedSupportGuide.pdf) (.pdf)

[CSEFEL Practical Strategies Teaching Social Emotional Skills](https://www.youtube.com/watch?v=hej8GwV-rIU) (video)

[CSEFEL Promoting Social Emotional Competence](https://www.youtube.com/watch?v=KJjUpmJ8SqE) (video)

[Center for Disease Control and Prevention Developmental Milestones](https://www.cdc.gov/ncbddd/actearly/milestones/index.html)

**WHAT DOES THE ECRC HAVE ON THIS TOPIC?**

Below are selected resources from the Early Childhood Resource Center. For additional resources related to the literacy go to the [KITS Early Child Resource Center](https://opac.libraryworld.com/opac/home.php).

Barger, S. (1992). Growing together: Feeling, Family, Friends.

Briggs-Gowan, M. J. (2006). Brief infant-toddler social and emotional assessment.  
Boston, MA: Yale University and the University of Massachusetts.

Brownell, C., & Kopp, C. (2007). Socioemotional development in the toddler years: Transitions and transformations. NY: Guilford Press

Butterfield, P., Martin, C., & Prairie, A. (2004). Emotional Connections: How Relationships Guide Early Learning.  Zero to Three Press.

Denno, D. (2010). Addressing challenging behaviors in early childhood settings: A teacher’s guide. Baltimore, MD: Brookes Publishing.

Ganz, J., Cook, K., & Earles-Vollrath, T. (2006). How to write and implement social scripts. Austin, TX: Pro Ed.

Katz, L., & McClellan, D. (1997). Fostering children’s social competence, The teacher’s role. NAEYC.

Landy, S. (2009). Pathways to Competence; Encouraging Healthy Social and Emotional Development in Young Children. Baltimore, MD: Brookes Publishing.

Printz, P., Borg, A., & Demaree, M. A. (2003). A Look at Social, Emotional, and Behavioral Screening Tools for Head Start and Early Head Start.Education Development Center, Inc.  
  
Squires, J., Twombly, E., & Munkres, A. ASQ SE in practice Ages & Stages Questionnaires: Social Emotional A Parent-Completed, Child Monitoring System

Webster-Stratton, C. (2012). Incredible Teachers Nurturing Children's Social, Emotional, and Academic Competence. Seattle, WA Incredible Years.

Play: Problems and Interventions

Supporting Relationships through Engaging Environments

Understanding Temperaments

Understanding Risk and Promoting Resilience in the First Five Years

**WHAT COMMUNITY BASES COURSES DOES KCCTO-KITS ITSN OFFER?**

Social Emotional Development  
Understanding Temperaments  
Help!  My Horse is in the Wastepaper Basket (Positive Classroom Management)

(To inquire about a specific class, contact the KCCTO Office 800-227-3578.

**How can I get training on this topic?**

Visit these links to collaborative training calendar:

[KCCTO](https://kccto.org/) Training Calendar

[Virtual Lab School](https://www.virtuallabschool.org/)

**What if I still need help?**

Kansas Early Care and Education providers you may request technical assistance from the KCCTO-KITS Infant Toddler Network Specialists by calling the KCCTO office at 800-227-3578.

**Evaluation**

Please take a minute to complete a brief survey on the Virtual Kits page to let us know what you think about this virtual kit, and what other topics you would like to see addressed in the future.

**References**

[Conscious Discipline](https://consciousdiscipline.com/). (2015)

[Center on the Social Emotional Foundations for Early Learning](http://csefel.vanderbilt.edu/index.html)

[Zero To Three](https://www.zerotothree.org/resources/series/developing-social-emotional-skills). (2017)

[Center for Disease Control and Prevention](https://www.cdc.gov/ncbddd/actearly/milestones/index.html)

[Virtual Lab School](https://www.virtuallabschool.org/)

[Center For Early Childhood Mental Health Consultation](https://www.ecmhc.org/TTYC/index.html)

[Teaching Tools for Young Children](http://challengingbehavior.fmhi.usf.edu/do/resources/teaching_tools/teaching_tools2/toc/folder1/G_Routine_Based_Support_Guide_Rev1209.pdf)