

THE 5 SOCIAL-EMOTIONAL SKILLS EVERY PARENT SHOULD KNOW

Helping your child build lifelong emotional skills.

Every day, your child is building the skills they'll use for friendships, school, problem-solving, and life.

These five social-emotional competencies are based on research that helps children build lifelong emotional well-being, healthy relationships, and problem-solving skills.

Understanding these skills helps you see behavior differently—and support your child with confidence.



Self-Awareness

💛 What is it?

Understanding what's happening inside:

Children are learning to recognize their emotions, understand their thoughts and feelings, identify their strengths, and build confidence.

🏠 What this looks like at home

- Naming feelings
- Saying, "I'm frustrated."
- Recognizing what they enjoy
- Beginning to understand their own reactions

✨ How you can help

- Name emotions throughout the day.
- Read books that talk about feelings.
- Encourage your child to describe how they feel.
- Model talking about your own emotions in healthy ways.
- Celebrate effort and personal strengths.

❤️ Parent Reminder

Children can't manage emotions they don't yet recognize.



Self-Management

💛 What is it?

Learning to regulate emotions and behavior:

Children are learning to manage emotions, cope with frustration, control impulses, and recover after challenges.

🏠 What this looks like at home

- Waiting for a turn
- Using calming strategies
- Following routines
- Recovering after disappointment

✨ How you can help

- Practice calming strategies before they're needed.
- Keep routines predictable.
- Model taking deep breaths when you're frustrated.
- Give choices whenever possible.
- Stay calm during big emotions.

❤️ Parent Reminder

Self-regulation develops through repeated support—not perfection.



Social Awareness

💛 What is it?

Understanding how others feel:

Children are learning empathy, kindness, compassion, and how to understand different perspectives.

🏠 What this looks like at home

- Comforting a friend
- Noticing someone is sad
- Taking turns
- Including others in play

✨ How you can help

- Talk about how characters feel in books.
- Wonder aloud how others might be feeling.
- Encourage acts of kindness.
- Model empathy in everyday conversations.
- Celebrate caring behaviors.

❤️ Parent Reminder

Empathy grows one conversation at a time.



Relationship Skills

💛 What is it?

Building healthy connections:

Children are learning to communicate, cooperate, solve conflicts, and build positive friendships.

🏠 What this looks like at home

- Sharing toys
- Asking for help
- Solving disagreements
- Playing cooperatively

✨ How you can help

- Practice taking turns.
- Role-play solving problems together.
- Teach simple feeling words.
- Encourage respectful communication.
- Praise teamwork and kindness.

❤️ Parent Reminder

Strong relationships are built through everyday practice.



Responsible Decision-Making

💛 What is it?

Learning to think before acting:

Children are learning to solve problems, make thoughtful choices, and learn from mistakes.

🏠 What this looks like at home

- Choosing between two options
- Solving simple problems
- Fixing mistakes
- Thinking about consequences

✨ How you can help

- Ask, "What do you think we could do?"
- Offer two appropriate choices.
- Let mistakes become learning opportunities.
- Think through solutions together.
- Celebrate thoughtful decisions.

❤️ Parent Reminder

Good decision-making develops with guidance and practice.



One Last Reminder...

Your child isn't expected to master these skills overnight.

They are built through thousands of everyday moments:

- one conversation,
- one mistake,
- one hug,
- one challenge,
- one success at a time.

Every time you name a feeling...

Practice solving a problem...

Or help your child work through a big emotion...

You're building skills they'll carry for life.

♥ You're doing important work.

Explore more free parenting resources at:

AMarshallBooks.com

