



February 8, 2023

## Partnering With Parents to Support Emotional Literacy







### HOME VISITING WEBINAR SERIES

## PARTICIPANT'S GUIDE

This guide summarizes the key components for our session today. It also has reflection questions and activities to stimulate your thinking about how you can implement the strategies, practices, and resources we explored.

### Home Visiting Webinar Series Segments

The Home Visiting Webinar Series includes a series of segments this season. The following images are intended to help familiarize you with the visuals for each segment and what the segment includes.

		
<p><b>Mindful Moment</b> These segments focus on the importance of self-care and well-being.</p>	<p><b>It's All About You!</b> These segments focus on the importance of self-care and well-being.</p>	<p><b>Focus on Equity</b> Equity is woven throughout the session; however, in some cases, we may have a segment to highlight some key ideas.</p>
		
<p><b>Try It Out</b> The "Try It Out" segment focuses on implementing a practice or highlighting how to use a resource, so for example, we may have a scenario for you to work through and reflect on.</p>	<p><b>Small Change Big Impact</b> The "Small Change Big Impact" segment incorporates considerations for children with disabilities or suspected delays as well as considerations for children who are dual language learners.</p>	<p><b>The BookCASE</b> This segment highlights resources to support you in building your bookcase of resources or we will highlight children's books that you can share with families on your visits.</p>



## Learning Objective

What would you like to walk away with from this session?

### LEARNING OBJECTIVES

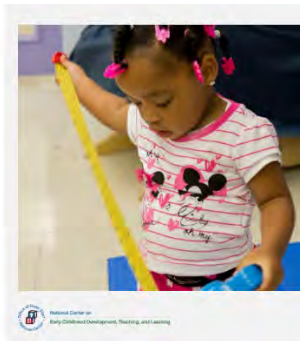
From this session today, I hope to:

- 1.
- 2.
- 3.

## Reflection

What Can Adults Do?

- Recognize emotions in oneself and others
- Understand the causes and consequences of emotions
- Label emotions accurately
- Express appropriate emotions
- Regulate emotions



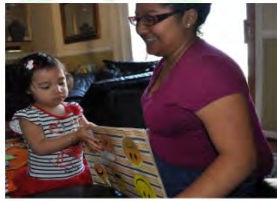
Have any of you used the RULER strategy? If so, how did it go?



National Center on  
Early Childhood Development, Teaching, and Learning

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## Strategies and Resources to Foster Emotional Literacy



National Center on  
Early Childhood Development, Teaching, and Learning

Strategies and Resources  
to Foster Emotional  
Literacy

What resources and strategies are you using to foster emotional literacy?

## Small Changes, Big Impact



National Center on  
Early Childhood Development, Teaching, and Learning

Small Change, Big Impact

Ideas on the use of visual supports or modifications to support the development of emotional literacy

- 1.
- 2.
- 3.



National Center on  
Early Childhood Development, Teaching, and Learning

Resources

Resources I want to try out!

- 1.
- 2.
- 3.



## Video: Exploring Big Feelings



Exploring Big Feelings



How could I use the video?

## Tucker Turtle Takes Time to Tuck



Tucker Turtle Takes Time to Tuck and Think



How could I use the video?



## Helpful Resources (\*Resources available in Spanish)

### ELOF Resources

\*Head Start Early Learning Outcomes Framework and related resources

<https://eclkc.ohs.acf.hhs.gov/school-readiness/article/head-start-early-learning-outcomes-framework>

<https://eclkc.ohs.acf.hhs.gov/es/preparacion-escolar/articulo/marco-de-head-start-sobre-los-resultados-del-aprendizaje-temprano-de-los-ninos>

\*ELOF Effective Practice Guides

<https://eclkc.ohs.acf.hhs.gov/school-readiness/effective-practice-guides/effective-practice-guides>

<https://eclkc.ohs.acf.hhs.gov/es/preparacion-escolar/effective-practice-guides/guias-para-la-practica-eficaz>

### ECLKC Resources

\*Fostering Emotional Literacy in Young Children: Labeling Emotions

<https://eclkc.ohs.acf.hhs.gov/mental-health/article/fostering-emotional-literacy-young-children-labeling-emotions>

<https://eclkc.ohs.acf.hhs.gov/es/salud-mental/articulo/fomento-de-la-destreza-emocional-en-los-ninos-pequenos-catalogar-las>

\*Learning Opportunities

<https://eclkc.ohs.acf.hhs.gov/curriculum/home-visitors-online-handbook/learning-opportunities>

<https://eclkc.ohs.acf.hhs.gov/es/curriculo/home-visitors-handbook/oportunidades-de-aprendizaje>

Managing Stress with Mindful Moments

<https://eclkc.ohs.acf.hhs.gov/mental-health/article/managing-stress-mindful-moments>

\*Preparing for Challenging Conversations with Families

<https://eclkc.ohs.acf.hhs.gov/publication/preparing-challenging-conversations-families>

<https://eclkc.ohs.acf.hhs.gov/es/publicacion/preparacion-para-conversaciones-delicadas-con-las-familias>

\*Promoting Children's Self-regulation with Tucker the Turtle/Tucker Turtle Takes Time to Think and Tuck

<https://eclkc.ohs.acf.hhs.gov/video/promoting-childrens-self-regulation-tucker-turtle>

<https://eclkc.ohs.acf.hhs.gov/es/video/fomento-de-la-autorregulacion-de-los-ninos-con-la-tortuga-tucker>

\*Relationship-Based Competencies to Support Family Engagement: Home Visitors

<https://eclkc.ohs.acf.hhs.gov/family-engagement/relationship-based-competencies-support-family-engagement/home-visitors>

<https://eclkc.ohs.acf.hhs.gov/es/compromiso-de-la-familia/relationship-based-competencies-support-family-engagement/visitadores-del-hogar>



### \*Supporting Home Visitors

<https://eclkc.ohs.acf.hhs.gov/program-planning/home-visitor-supervisors-handbook/supporting-home-visitors>

<https://eclkc.ohs.acf.hhs.gov/es/planificacion-del-programa/home-visitor-supervisors-handbook/apoyo-los-visitadores-del-hogar>

### Taking Care of Ourselves (some materials are in Spanish)

<https://eclkc.ohs.acf.hhs.gov/family-support-well-being/article/taking-care-ourselves-stress-relaxation>

## Other Resources

### Center on the Developing Child: A Guide to Serve and Return

<https://devhcdc.wpengine.com/guide/a-guide-to-serve-and-return-how-your-interaction-with-children-can-build-brains/>

- \*Center on the Developing Child: Serve & Return Interaction Shapes Brain Circuitry  
<https://developingchild.harvard.edu/resources/serve-return-interaction-shapes-brain-circuitry/>  
<https://developingchild.harvard.edu/translation/las-interacciones-servir-y-devolver-dan-forma-a-la-estructura-cerebral/>

### \*Expressing Warmth and Affection to Children

[https://challengingbehavior.cbcs.usf.edu/docs/whatworks/WhatWorksBrief\\_20.pdf](https://challengingbehavior.cbcs.usf.edu/docs/whatworks/WhatWorksBrief_20.pdf)

<https://challengingbehavior.org/document/what-works-brief-20-spanish-demostrar-calidez-y-afecto-a-los-nios/>

### \*Providing Positive Feedback and Encouragement

<https://challengingbehavior.org/document/positive-feedback-and-encouragement/>

<https://challengingbehavior.org/document/positive-feedback-and-encouragement-spanish/>

### Pyramid Model – Family Engagement Page (many materials available in Spanish)

<https://challengingbehavior.org/implementation/family-engagement/>

### Sesame Street in Communities: Exploring Emotions

<https://sesamestreetincommunities.org/topics/emotions/>

### Some Starters for Giving Positive Feedback and Encouragement

<https://challengingbehavior.org/document/starters-for-giving-positive-feedback-and-encouragement/>

### Teaching Emotional Literacy in Early Childhood

<https://www.naeyc.org/resources/pubs/yc/mar2017/teaching-emotional-intelligence>

### \*Tucker Turtle Takes Time to Think and Tuck at Home (scripted story)

<https://challengingbehavior.org/document/tucker-turtle-takes-time-to-tuck-and-think-at-home/>

<https://challengingbehavior.org/document/tucker-turtle-takes-time-to-tuck-and-think-at-home-spanish/>



## Mobile Apps

### ELOF@HOME

<https://eclkc.ohs.acf.hhs.gov/teaching-practices/article/mobile-tools-home-visitors>

### \*ELOF2GO Mobile App

<https://eclkc.ohs.acf.hhs.gov/school-readiness/article/elof2go-mobile-app>

<https://eclkc.ohs.acf.hhs.gov/es/preparacion-escolar/articulo/aplicacion-movil-mielof-en-espanol>

### \*Text4HomeVisitors

<https://eclkc.ohs.acf.hhs.gov/teaching-practices/article/mobile-tools-home-visitors>

<https://eclkc.ohs.acf.hhs.gov/es/practicas-docentes/articulo/herramientas-moviles-para-los-visitadores-del-hogar>

### Ready DLL Mobile App

<https://eclkc.ohs.acf.hhs.gov/culture-language/article/ready-dll-mobile-app>

## Online Communities

### MyPeers

<https://eclkc.ohs.acf.hhs.gov/about-us/article/mypeers-collaborative-platform-early-care-education-community>

- Home Visitors Community
- Coaching the Home Visitor
- Head Start Disabilities–Inclusion Network
- CLRP Community

