



Welcome to the Home Visiting Webinar Series!

While You Are Waiting
Download the **Participant's Guide** found in the **Teal** "Resource List" Widget
Use the **Guide** to take notes and interact during the webinar.



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February 8, 2023

Partnering with Parents to Support Emotional Literacy



Joyce Escorcia, NCEDTL
Roselia Ramirez, NCEDTL
Kelli McDermott, NCHBHS




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Meet Your Hosts!



Joyce Escorcia Roselia Ramirez



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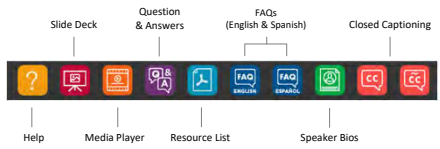

Guest Speaker:

Kelli McDermott, LICSW
National Center on Health, Behavioral Health, and Safety




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Webinar Features





Slide Deck Question & Answers FAQs: (English & Spanish) Closed Captioning


Help Media Player Resource List Speaker Bios




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Participant's Guide



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Learning Goals

Explain what emotional literacy is and why it is important to children's development

Use strategies and resources to foster emotional literacy in the home environment

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What is emotional literacy?

The ability to

- recognize emotions in oneself and others in a *healthy* manner.
- understand emotions in oneself and others in a *healthy* manner.
- recognize, understand, and respond to emotions in oneself and others in a *healthy* manner.

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What Is Emotional Literacy?

Ability to **recognize, understand, and respond** to emotions in oneself and others in a *healthy* manner.

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Nurturing Emotional Literacy Helps Children:



- Learn to self-calm and self-regulate
- Develop resiliency
- Express their feelings
- Develop social skills (empathy, sharing, and turn-taking)
- Develop positive relationships with others



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Benefits for Children:

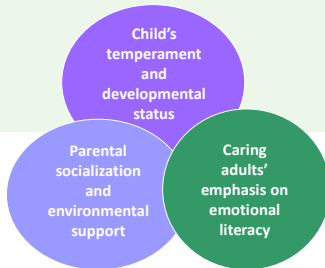


- Manage frustration more successfully
- Have fewer conflicts
- Engage in more positive behavior
- Are healthier
- Control impulses better
- Learn more in school



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What Accounts for Variations in Children's Abilities to Label Emotions?



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What Can Adults Do?



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Children Learn Emotional Literacy Through:



- Watching children and adults
- Interacting with children and adults
- Receiving guidance from caring adults

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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




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RULER




Recognize – How am I feeling? **Understand** – What happened? **Label** – Word to describe




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RULER




Express – How can I express what I feel? **Regulate** – What can I do to maintain?



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Strategies and Resources to Foster Emotional Literacy



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Scaffold with Cues and Prompts



Use emotion words.
Help children read cues.



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Share Many **Emotion** Words



“Like other forms of literacy,
the richer the vocabulary, the
more rewarding the
experiences.”

(Joseph and Strain 2003, p. 1)



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Label Throughout the Day



Describe what you notice about
children’s moods.



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Use Storybooks



- Ask questions about what characters are feeling and why.
- Share new emotion words and meanings.
- Plan activities related to emotions in the book.

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Using Our RULER



*"How is the character feeling?
How do you know he/she is
feeling that way? Can you show
me _____ face?"*

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Sample Activity:



Make a scrapbook with children's photos and stories about feelings.

"I feel happy when me and my brother look for flowers in the backyard."

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Small Change, Big Impact




25

Small Change Big Impact


Visual Supports and Modifications



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Focus on Equity



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Focus on Equity

Families and Culture




In what ways can cultures vary in the way they value emotions and why is this important for home visitors to know?

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Focus on Equity

Family Value Systems



Talk with parents about values and practices related to emotions.

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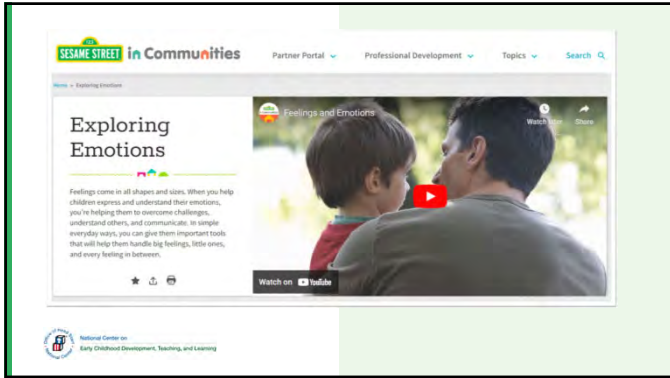
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Resources

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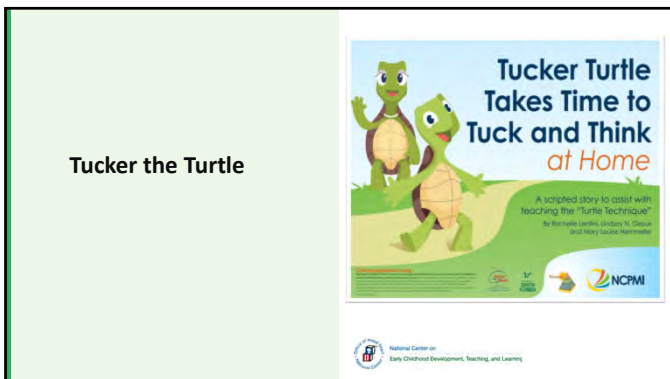
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Scripted Story

- Promotes emotional literacy
- Problem-solving
- Self-regulation

NCPMH The Turtle Technique

 Step 1. Recognize your feelings.	 Step 2. Stop your body.
 Step 3. Tuck inside your shell and take three deep breaths.	 Step 4. Come out when you are calm and think of a solution.

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Tucker Turtle Takes Time to Tuck and Think

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Family Resources

Parents, we have resources for you too!

[Parent Resources](#)

- Making Life Easier
- Backpack Connection
- Family Articles
- Scripted Stories for Social Situations
- Teaching Social Emotional Skills
- Schedules, Routines, and Transitions
- General Resources

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Putting It All Together!

“Children with higher emotional intelligence are better able to pay attention, are more engaged in school, have more positive relationships, and are more empathic.”

Raver, Garner, and Smith-Donald 2007



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PUSHPLAY
DTL On Demand



<https://bit.ly/DTL-PUSHPLAY>



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myP MyPeers



<https://eclkc.ohs.acf.hhs.gov/about-us/article/mypeers-social-network-early-childhood-professionals>



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Questions and Answers



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Thank You!


Join Use for Our Next Episode!

SAVE THE DATE

April 12, 2023
3–4 p.m. ET

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We Want to Hear From You!

Please take some time to complete the session evaluation.

Evaluation link will pop up at the end of the session

For more information contact:
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