

**If You're Happy and You Know It
(or Not)...Understanding and
Enhancing the Social-Emotional
Development of Young Children**

Kristi Carter Guest, Ph.D.
UAB Assistant Professor
Developmental Psychologist
kguest@uab.edu

Emotions

▶ **What are EMOTIONS?**

- ▶ Feelings
- ▶ Physiological response
- ▶ Cognitions
- ▶ Goals

Topics to cover...

- ▶ Development of Emotions
 - ▶ Primary Emotions
 - ▶ Secondary or Complex Emotions
- ▶ Emotion of Others
- ▶ Your World of Emotions Activity
- ▶ Social-Emotional Competency
 - ▶ What is it?
 - ▶ Benefits of raising an emotionally competent child
 - ▶ How to enhance emotional competency
- ▶ Emotion Coaching Video and Caregiver Types

Development of Emotions

- ▶ Social Learning Theory
 - ▶ Importance of observing and modeling emotional reactions of others
 - ▶ Emotional responses to particular situations may be learned through modeling
 - ▶ Albert Bandura

Primary Emotions

- ▶ Happiness/Joy
 - ▶ 6-10 weeks
- ▶ Sadness
 - ▶ 2-6 months
- ▶ Anger
 - ▶ 2-4 months
- ▶ Surprise
 - ▶ 2-8 months
- ▶ Fear
 - ▶ begin 6-7 months

Complex or Secondary Emotions

- ▶ Complex or Secondary Emotions (1-3 years of age)
 - ▶ Embarrassment
 - ▶ Shame
 - ▶ Guilt
 - ▶ Envy
 - ▶ Pride
- ▶ Requirements for development?

Emotion Recognition Activity

- ▶ Distress
- ▶ Anger
- ▶ Surprise
- ▶ Fear
- ▶ Happiness
- ▶ Embarrassment
- ▶ Interest
- ▶ Shame
- ▶ Sadness
- ▶ Disgust

Emotions of Others

- ▶ Early in infancy, interactions are face-to-face and patterns develop
 - ▶ Dr. Edward Tronick Still Face

Emotions of Others

- ▶ Early in infancy, interactions are face-to-face and patterns develop
 - ▶ Interactional synchrony between caregiver and child
 - ▶ Once established, they then get involved in turn-taking of answering each other's responses
 - ▶ In fact, if mother fails to respond to an infant response, the infant shows distress

Social-Emotional Competence

- ▶ 1) Competent Emotional *Expressivity*
- ▶ 2) Competent Emotional *Knowledge*
- ▶ 3) Competent Emotional *Regulation*

Children with a Strong Social-Emotional Competence:

- ▶ tolerate frustration better
- ▶ get into fewer fights
- ▶ engage in less destructive behavior
- ▶ are healthier
- ▶ are less lonely
- ▶ are less impulsive
- ▶ are more focused
- ▶ have greater academic achievement

Enhancing Social-Emotional Competence

- ▶ Learning words or signs for different feelings
- ▶ Learning how to recognize feelings in self and others
 - ▶ Facial cues
 - ▶ Body language
 - ▶ Tone of voice
 - ▶ Situational cues
- ▶ Provide emotional labels as children experience various affective states
- ▶ Learning how to control anger, relax, and calm down

Enhancing Social-Emotional Competency...

- ▶ Techniques to teach children
 - ▶ Use Pictures and Signs
 - ▶ Use of Songs and Games
 - ▶ How would you feel if...?
 - ▶ Checking In
 - ▶ Use of Children's Literature
 - ▶ Relaxation Techniques

Signs for Emotions

- ▶ All young children can benefit from the use of signs for emotions and especially if they have *language delays*
 - ▶ Happy
 - ▶ Sad
 - ▶ Angry
 - ▶ Afraid or Scared
- ▶ GREAT WEBSITE FOR BABY SIGNS--
<http://www.babysignlanguage.com/dictionary/>

Use of Songs and Games

If you are happy and you know it...add new verses to teach feelings

- If you're *sad* and you know it, cry a tear..."boo-hoo"
- If you're *mad* and you know it, stomp your feet or use your words "I'm mad"
- If you're *scared* and you know it hide your eyes—Oh no! or ask for help, "help me"
- If you're *happy* and you know it, hug a friend
- If you're *tired* and you know it, give a yawn.

How Would You Feel If...?

Discuss typical situations that happen when children are together: "How would you feel if this happened to you?"

Checking In

How do you feel today?



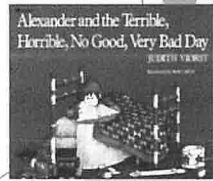
Feeling Wheel



Use of Children's Literature



Book Nooks



Relaxation Techniques

- ▶ Deep breaths
 - ▶ Teach with the flower and pinwheel
- ▶ Label emotions
 - ▶ Signs or words
- ▶ Color or use a Rain stick
- ▶ Happy place
- ▶ Positive Self-Talk

Emotion Coaching Video (Dr. John Gottman)

- ▶ Types of Parenting
 - ▶ Dismissing
 - ▶ Disapproving
 - ▶ Laissez-faire
 - ▶ Emotion Coaching

Take Home Points...

- ▶ Emotions are more than just feelings
 - ▶ Primary Emotions
 - ▶ Secondary Emotions
- ▶ Importance of parents and children observing emotional reactions of others and being able to label emotions of others (Social Learning Theory)
- ▶ Your World of Emotions Activity (how you were raised impacts your own interaction style with others)
- ▶ Social-Emotional Competency
 - ▶ Benefits of raising an emotionally competent child
 - ▶ How to enhance emotional competency
 - ▶ Signs, Songs, Books, Checking-In, Feeling Wheel, What If Games
- ▶ Try techniques like Emotion Coaching

Resources

- ▶ Baby Sign Language Website
<http://www.babysignlanguage.com/dictionary/>
- ▶ Early Start Denver Model for Young Children (Dr. Sally Rogers)
<http://www.ucdmc.ucdavis.edu/mindinstitute/research/esdm/>
- ▶ Emotion Coaching: The Heart of Parenting (Dr. John Gottman) <http://emotioncoaching.gottman.com/>
- ▶ Shaffer, D.R. (2009). *Social and Personality Development* (6th ed.). California: Wadsworth, Cengage Learning.
