

SOCIAL AND EMOTIONAL LEARNING



Parenting with the Brain in Mind

- Experience shapes our brains.
- The brain has 100 billion neurons that help to shape our mental activity. Parents can influence this by:
 - *Talking about experiences*
 - *Nurture a sense of courage*
 - *Limiting screen time*
 - *Spending time as a family*
 - *Educational activities and sports*

The Two Hemispheres

- Left Hemisphere
 - *Logical, literal, linguistic*
- Right Hemisphere
 - *Nonverbal*
 - *Big picture*
 - *Influenced by body and lower brain areas, which receive and interpret emotional information*
- Young children are right brain dominant. They will watch a ladybug crawl on the sidewalk.
- When they ask “why” they are starting to use their left brain.
- We want both sides of the brain to work together.

Right and Left

- My 4-year-old is upset that he cannot walk on the walls like Spiderman.
 - *Appeal to right first- use touch and nurturing tone of voice with nonjudgmental listening.*
 - *Then move to left brain when he is calm and explain why he cannot walk on walls.*

Left and Right

- A toddler falls and scrapes her knee.
 - *Help retell the story of the scary or frightening experience.*
 - *A parent could begin the story and then help the child finish. This can be done while building with blocks.*
 - *Storytelling helps kids use the right side of the brain for emotion processing, but the left side is what makes sense of the feelings.*

Developing a moral child

- Clear and Consistent rules
 - *Clearly stated and realistic*
 - *Yelling is not necessary*
 - *Kids also respond to praise- reinforce good behavior*
- Fair Punishment
 - *Punishment by application-Learn from consequences- take shoes and socks off in store.. Let them walk outside in snow.. Talk about it.. And then he will want shoes back on.*
 - *Take away toys- punishment by removal*
- Rules that are explained
 - *Punishment should happen soon after the incident*
 - *It must be emotionally safe*
 - *Tell the child why he is not allowed to touch the dog. (The dog is not safe.)*
- Spanking
 - *3-year-olds spanked more than twice in a month were 50% more likely to be aggressive by age 5.*

Five Ingredients of Intelligence

1. Desire to explore:
 - a) *Children learn through their environment.*
 - b) *They experience sensory observations, make predictions about observations, design experiments, and evaluate their test.*
 - c) *Innovator's DNA (Harvard Business Review)*
 - a) Connections between concepts
 - b) "What if"
 - c) Desire to tinker and experiment
2. Self-control:
 - a) *Executive function better predictor of academic success than IQ*

Five Ingredients of Intelligence

3. Creativity

- a) *Able to perceive new relationships*
- b) *Associate creativity with risk taking*

4. Verbal Communication

- a) *Verbal skills are important for human intelligence*
- b) *1,000 words by a child's 3rd birthday*
- c) *We are born with the capacity to speak any language*

5. Interpreting Nonverbal Communication

- a) *Extracting social information by examining the face and body.*

Keys to Playtime

- From 1981-1997, the amount of playtime shrank by 1/4.
- Children spent 18% more time in school, 145% more time doing school work, 168% of time shopping with parents.
- Children in 1997 spent only 11 hours a week at play
- 2011 looks the same, but the making baby smart industry has grown. Kids need to play.
- The benefits of play:
 - *More creative*
 - *Better at language- richer store and more varied words*
 - *Better at problem solving*
 - *Less stressed*
 - *Better at memory*
 - *More socially skilled*

References

- John Medina, 2014. Brain Rules for Baby.
- Daniel Siegel and Tina Bryson, 2012. The Whole-Brain Child.