

SOCIAL AND EMOTIONAL LEARNING

Plant the Seed of Learning
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TRUE OR FALSE

- Babies use nonverbal cues to communicate.



CIRCLE OF COMMUNICATION

- TRUE
 - Turn head away- “I am tired of playing
 - Smacks lips- “I am getting hungry.” (Try to feed baby soon after he communicates this need. When they get overly agitated it is harder to calm them.)
 - Coos: I am talking to you. Talk more please.
 - Shift from eye contact to a look of concern: “ I am feeling scared. What is going to happen?”
 - Freeze mode: Awake but not moving. “I am afraid.”
 - Jill Stamm, 2007

TRUE OR FALSE

- Temperament is inborn. These traits are hard-wired into the brain.



TEMPERAMENT

- True
 - They are apparent almost from birth. A child's upbringing is what creates a unique personality.
 - Understanding your child's temperament allows you to adjust your interactions with him.
 - Temperaments are usually generalized in 3 categories:
 - Easy
 - Difficult (intense, spirited)
 - Slow-to-Warm-Up (Cautious)

TRAITS

- Nine traits shape temperament
 1. Activity Level- Squirmy baby
 2. Distractibility- concentration and attentiveness to stimuli
 3. Intensity- Level of response
 4. Regularity- predictable body functions – sleep and hunger routines
 5. Sensory threshold- Sensory stimulation
 6. Approach/Withdrawal- new situations
 7. Adaptability- transitions
 8. Persistence- obstacles
 9. Mood- generally reacts...

TRUE OR FALSE

- Routines do not impact babies because they are too young to notice.



ROUTINES

- False
- Relieve stress for baby with established routines.
- Other stress relievers include:
 - Singing
 - Talking
 - Holding
 - Comfort toys and objects

RELATIONSHIPS

- When teachers, practitioners, parents and caregivers establish positive relationships with children from birth through the early years, and value their diverse cultures and languages, children feel safe and secure, laying the foundation for healthy social and emotional development.

REFERENCES

- <https://www2.ed.gov/about/inits/ed/earlylearning/talk-read-sing/feelings-milestones.pdf>
- Jill Stamm, 2007. Bright from the Start
- John Medina, 2014. Brain Rules for Baby