

Author Keynote Addresses for Parent Groups

Social-Emotional Learning (SEL) in the Home

A Practical Guide for Integrating the Development of Social-Emotional Skills into Your Parenting



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The research on the positive effect of developing students' social-emotional skills is indisputable. School districts all over the country are ramping up their ability to develop these skills in their classrooms. However, little is being done to help parents/guardians understand the skills and how they can be developed in the home. In a student's preK-12 life, 95% of the academic learning needed to succeed in life is done in schools. When it comes to the development of social-emotional skills, parents and guardians have the opportunity to contribute 50% or more to the skill development because every parenting interaction is an opportunity to develop social-emotional skills. They have the opportunity and ability to impact the development of social-emotional learning skills from birth through adulthood.

This 90 minute talk for parents is based on our book *Social-Emotional Learning in the Home*. The program is designed to provide parents with:

1. an understanding of the five categories of SEL and the specific intrapersonal and interpersonal skills related to each
2. the motivation to work on skill development at home by explaining the positive school and life impacts for students who develop these skills
3. concrete examples of how parents/guardians can interact with their children in ways that develop these skills.