Supporting your child's social and emotional learning

Parents and carers have a critical role to play in supporting children’s social and emotional learning. In this edition we cover the key types of social and emotional skills. We also give you practical tips on how to help children develop these skills.

What is social and emotional learning?

Learn about the five types of social and emotional skills and why they are important for children. Read more

Six ways to help children develop friendship skills

Parents and carers are the most important teachers when it comes to children developing positive friendship skills. Read more

Talking through angry feelings

The ‘cool down’ steps and four tips on how to help children manage anger. Read more
Mindfulness for children and parents

Why mindfulness is important and four ways to practice mindfulness with children. Read more

Smiling Mind – modern mediation for young people

Healthy Dads? The challenge of being a new father

About mental illness - videos for young people

Raising Children Network: Tips for encouraging good behaviour

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