

## Social/Emotional Learning Resources

The following resources are available from Penn State Better Kid Care to support children's social and emotional development.

### On Demand Distance Education Modules (2 hr)

- Adverse Childhood Experiences: Building Resilience
- Cultural Understanding: Building Solid Foundations
- Creating Special Moments with Infants and Toddlers
- Dealing with Anger - The Children's and Yours
- Death, Loss and Grief: Understanding How to Support Children
- Family Child Care: Support Infants and Toddlers
- Family Child Care: Support Preschoolers
- Foundations of Child Development for Child Care Center Teachers
- Foundations of Child Development for Family Child Care Providers
- Giving Your Best: Making Secure Attachments
- Guiding Behavior: Responding to Biting and Teaching Sharing
- Infant-Toddler Care: Emotional and Social Development
- Infant-Toddler Care: Guiding Behavior
- Interactions Matter: Positive Teacher-Child Interaction Strategies
- Move Beyond Time-out to Responsive Caregiving (1 hr)
- Positive Youth Development: Building a Culture of Belonging
- PYD Foundations: Child and Youth Growth and Development
- PYD Foundations: Cultural Competency and Responsiveness
- PYD Foundations: Interactions with Children and Youth
- PYD Foundations: Youth Engagement
- Preschoolers' Emotional Development: Feelings and Managing Emotions
- Preschool Foundations: Nurture Interactions and Guide Behavior
- Problem Solving with Children
- Resilient Caregivers: 'Bouncing Back' from Stress
- Rock Solid: Building Positive Relationships, Birth-3 Years, Part 1
- Rock Solid: Building Positive Relationships, Birth-3 Years, Part 2
- Rock Solid: Enhancing Emotional Literacy, Birth-Age Three
- Rock Solid: Enhancing Emotional Literacy, Three-Five Years
- See as a Child, Feel as a Child
- Three Core Concepts in Early Brain Development

### Research to Practice Tip Pages and Related Resources

- Building brain power: Executive function and young children
- Caring youth relationships
- Creating a peaceful environment for young children
- Creating a sense of place: Considering routine, ritual and belonging
- Emotion Talk: It's important!
- Emotional Wellness: Understanding Its importance
- Helping children with sad times
- Hold my hand: Gentle guiding for the misguided
- I'm so mad! (Helping children deal with anger)
- Interactions matter: What research says and what you can do!
- Relationships: The essential ingredient in caring for children and how you can support it!
- Self regulation: Searching intentional practices-Approaches
- Self regulation: Searching intentional practices-Environment
- School readiness begins at birth
- School readiness: How to support children's development
- Talking with preschoolers about emotions
- Temperament – What is it?
- The dance of kindness: Promoting goodwill in your program

#### Vodcasts

- Being There for Grieving Children
- BKC- Caregiver Sensitivity
- Cultural Understanding
- Executive Function Skills: Foster with Partner-time Play
- Stress: Seeing with Optimism

[extension.psu.edu/youth/betterkidcare](http://extension.psu.edu/youth/betterkidcare)

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