Social/Emotional Learning Resources

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

On Demand Distance Education Courses

- Addressing ACE’s with Brain-based Approaches in Trauma-informed Care
- Adventurous Opportunities in OST Programming: The Whys and Hows
- Adverse Childhood Experiences: Building Resilience
- Antiracism (Part 1): Self-awareness and Communication
- Antiracism (Part 2): Program Policy and Family Engagement
- Antiracism (Part 3): Culturally Responsive Teaching
- Coaching + Mindfulness = Mindful Coaching
- Community-Based Service: Connect families
- Cultural Understanding: Building Solid Foundations
- Cultural Diversity and Responsiveness in Early Childhood Education
- Creating Special Moments with Infants and Toddlers
- Dealing with Anger-The Children’s and Yours
- Deployment Through a Child’s Eyes
- Executive Function Skills: Foster with Play
- Family Childcare: A Unique Role in Supporting Family Engagement
- Family Child Care: CLAD-Cultural, Linguistic, Ability Diversity
- Foster and Adoptive Families: Supportive Strategies
- Foundations of Child Development for Child Care Center Teachers
- Foundations of Child Development for Family Child Care Providers
- Giving Your Best: Making Secure Attachments
- Family Child Care: Support Infants and Toddlers
- Family Child Care: Support Preschoolers
- 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
- Mindful Practice for ECE Professionals: Begin the Journey
- Move Beyond Time-out to Responsive Caregiving
- Non-instructional Staff: Create a Positive Climate for Children
- Observation with Purpose: Attachment and Teacher-Child Relationships
- Positive Peer Interactions in School-Age Programs-Administrators
- Positive Peer Interactions in School-Age Programs-Frontline Staff
- Positive Work Environments-Where Programs and Educators Thrive!
- 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
- Prevent Expulsion and Suspension: Effective Practices and Promising Directions

extension.psu.edu/programs/betterkidcare

continued
On Demand Distance Education Courses, continued

• 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
• Self-care for ECE Professionals Who Care for Children Impacted by ACES
• Social-emotional Learning and Equitable Practice for ECE Professionals
• Social-emotional Learning and Equity: Program Policy
• Stress: Seeing with Optimism
• Supporting LGBTQ Youth
• Three Core Concepts in Early Brain Development
• Tools of the Trade for School-Age Practitioners: Positive Guidance

Vodcasts
(Videos with Discussion Starters & Great Ideas Resources)
• Being there for Grieving Children
• BKC- Caregiver Sensitivity
• Cultural Understanding
• Executive Function Skills: Foster with Partner-time Play
• Stress: Seeing with Optimism

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