Social and Emotional Competence of Children

**Definition**

The way that the child connects to, relates to, and interacts with the world.

Components of Social and Emotional Competence of Children:

1. Trust and attachment
2. Autonomy and independence
3. Emotional regulation
4. Relationships with others
5. Self-esteem, self-concept, and identity
6. Empathy, sympathy, and prosocial behavior

Attachment is an important component of the social and emotional competence of children. Children with secure relationships with adults benefit in multiple ways, including experiencing increased self-esteem, less fear, and better relationships with others. Attachment also affects the child’s emotional regulation.

Strategies for promoting attachment and emotional regulation:

1. Be available to meet children’s needs.
2. Respond thoughtfully to children’s needs.
3. Respond quickly to children’s needs.
4. Be nurturing, warm and caring.
5. Set up consistent routines and schedules.
6. Allow children to express emotions.
7. Take interest in children’s activities.
8. Honor children’s individuality.

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