

# Integrating Development of Social-Emotional (SEL) Skills into Your Parenting

Presented By Jane M. Hardin, Ribas Associates

**Tuesday, February 12<sup>th</sup>**

**6:00pm-7:00pm**

**Hull High School - Free childcare provided**

Jane Hardin, B.A.; M.Ed.,  
Simmons College Faculty  
member, consultant and  
author, specializes in the  
social-emotional needs of  
all children and their  
impact on student  
achievement.

Based on the book, Social Emotional Learning (SEL) in the Home, this presentation will provide parents & guardians of children/teens preK-12 an overview of SEL, why it matters for our children, our schools and community, and practical strategies to help you further develop these critical social-emotional skills in your child.

In this presentation you will learn:

- ***What Social-Emotional Learning (SEL) is***
- ***How brain function relates to learning social-emotional skills***
- ***How SEL relates to digital citizenship, social media, screen addiction***
- ***How SEL relates to vaping, tobacco & opioids***
- ***And, what you are already doing to foster these skills through your parenting actions and modeling***



## SEL in Home Book Club

Free copy of book for participants

To join and for more details email Judy Kuehn  
[jkuehn@town.hull.ma.us](mailto:jkuehn@town.hull.ma.us)

***"Research shows that SEL not only improves achievement by an average of 11 percentile points, but it also increases prosocial behaviors (such as kindness, sharing, and empathy), improves student attitudes toward school, and reduces depression and stress among students." J.A Durlak***