



# **Supporting Your Child's Social & Emotional Well-Being**

## **What is SEL?**

Social-emotional learning helps students understand and manage emotions, build relationships, make responsible decisions, and navigate challenges.

## **How Parents Can Support SEL at Home**

- Talk about feelings openly
- Model healthy coping (deep breathing, breaks)
- Set routines and clear expectations
- Encourage problem-solving
- Praise effort, not perfection

## **Signs Your Child May Need Extra Support**

- Big behavior changes
- Frequent anxiety or overwhelm
- Withdrawal from friends or activities
- Difficulty regulating emotions

## **Who to Contact**

- [School Counselor](#)
- [Pupil Services](#)
- Community Resource Hotline: 211

- **Crisis Support: 988**

## **Trusted Parent Resources**

- **CASEL – Family Guides**
- **U.S. Dept. of Education – SEL & Behavior Supports**
- **Wisconsin DPI – Mental Health & Wellness**
- **PBIS – Family Behavior Supports**