

The Crucial Role of Social-Emotional Development in School Readiness

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S-M-I-L-E

It isn't any trouble just to s-m-i-l-e
It isn't any trouble just to s-m-i-l-e
So smile when you're in trouble
It will vanish like a bubble
If you only take the trouble just to

S-M-I-L-E!

Social Intelligence

- Social development covers the broad range of skills people use to relate to, play with, learn from, and teach others. Social skills are important for survival and for a good life.
- Healthy emotions allow people to express and constructively manage the full range of human feelings, to postpone gratification, to find constructive outlets for negative emotions, and to understand and appreciate how others feel. Healthy emotions lead to self satisfaction and joy.

How Social Intelligence Abilities Fit into the Emotional Intelligence Model

Emotional Intelligence	Social Intelligence
Self-awareness	Social awareness Primal empathy Empathy accuracy Attunement Social cognition
Self-management	Relationship management Synchrony Self-presentation Influence Concern

Characteristics of Social-Emotional Intelligence

- Exhibits self confidence
- Expresses natural curiosity
- Makes thoughtful choices
- Exhibits self control (controls impulses, delays gratification)
- Relates to others (reads social cues)
- Knows feelings of others and expresses concern.
- Communicates needs and desires.
- Negotiates and compromises to problem solve.
- Employs claiming strategies.

Stress Management

- Bringing hands to the center of the body
- Stretching
- Listening to relaxation music
- Breathing
- Exercising
- Releasing
- Talking to a friend
- Imaginary trips

Current Trends Among Children Ages 2 to 18

- Depression (1.22 million to 3.22 million in last decade)
- Use of antipsychotic drugs (5 fold in decade)
- Eating disorders (7 million girls)
 - Overweight (1 in 2 children)
 - Obese (1 in 5)
- Cutting (2 million girls each year)
- Sleep deprivation (67% miss 1 to 2 hours per night)
- Children are being diagnosed with anti-social personality disorder.

In total, one-third of our children
are now diagnosed with some
significant mental or physical
disorder.

Brain Research Finding

- Social Brain
- Mirror Neurons
- Spindle Cells
- Nature/Nurture Equation
- The Windows of Opportunity
- Relationships
- Stress/Deprivation/Trauma

The Social Brain

- The social brain is the sum of the neural mechanisms that orchestrate our interactions as well as our thoughts and feelings about people and our relationships.
- The pathways in our social brain are unique to their sensitivity to the world at large.
(face- to- face, voice- to- voice, skin- to- skin)

Forging Social Wiring

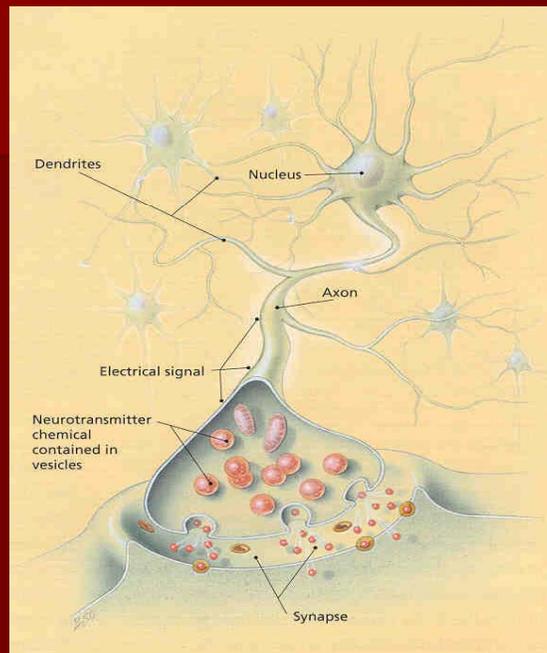
- You must socially interact with others in order to forge social networks in the brain.
- The quality and quantity of social experiences will affect the outcome of social intelligence.
- Neural connections for social skills are inhibited by:
 - Television and computers
 - Adults who lack understanding regarding the significance of early social experiences
 - Lack of opportunity to interact with peers

Forging Emotional Wiring

- Laid down during the first few years of life as we interact with primary caregivers.
- Our ability to relate to others and to self-regulate (sustain balance) comes from our application of what we have learned from those early interactions to the broader world.
- Emotional trauma can have a negative impact on early development.
 - It interferes with our ability to use our thinking brains to decode our emotions.
 - It over sensitizes us to stress causing over-reaction.

Experience wires the brain.

Repetition strengthens the wiring.



Humans have more than 1,000,000,000,000 neurons.

There are several different kinds of neurons,
each performing a specific task.
Mirror neurons and spindle cells are
responsible for social wiring.

Mirror Neurons

- Reflect back the actions of other. Mirror neurons fire as we watch others.
- Mirror neurons make emotions contagious.
- Social skills depend on mirror neurons. Sensing what others intend –and why— offers invaluable social information. It make us social chameleons.

“When you smile the whole world smiles with you.”

The Heart of Social-Emotional Intelligence: Empathy

- Empathy
 - Knowing the feeling of others
 - Feeling what that person feels
 - Responding compassionately
- Scientist say that the more active a person's mirror neuron system, the stronger their empathy.

Spindle Cells

- Spindle cells make us socially aware and sensitive.
- Spindle cells put the snap in snap judgments.
- Scientist believe it is our spindle cells that create our interpersonal intelligence. **Humans are the only animal with spindle cells.**
- Spindle cells position themselves in the brain during the first 4 months of life. How prolific they are depends on factors such as stress (for worse) and loving atmosphere (for the better).

The Nature—Nurture Debate

- There are probably more differences in human brains than in any other animal, partly because the human brain does most of its developing in the outside world.

Robert Ornstein and Richard Thompson

The Amazing Brain

- Seventy percent of what is given to us genetically is brought to fruition by our environmental experiences.

Daniel Goleman

Social Intelligence

- Brain development is contingent on a complex interplay between genes and the environment.

Experience wires the brain and repetition strengthens the wiring.

However, in time our perception of our experiences are shaped by our learning style, personality style, multiple intelligence profile, temperament, and past experiences.

Roadmap to Individual Differences

Characteristic	Genetic	Environmentally Influenced	Emergence
Learning Style		√	20 months
MI Profile	√	√	30 months
Personality	√	√	11 months
Temperament	√	√	15 months

Temperament Variables

Temperaments	High Level	Low Level
Novelty Seeking	Thrill seeking, intuitive, adventurous, fickle, disorderly, impulsive	Orderly and organized, self-controlled, loyal, analytical, direct, stoic
Harm Avoidance	Anxious, pessimistic, inhibited, easily fatigued, given to depression	Confident, optimistic, highly energetic, carefree even in the face of danger, uninhibited
Reward Dependence	Dependent on emotional support and feedback of others, sentimental, sensitive to social cues	Socially detached, loner, non-conformist, cynical, socially insensitive
Persistence	Eager, ambitious, determined	Uninterested in achievement, unambitious

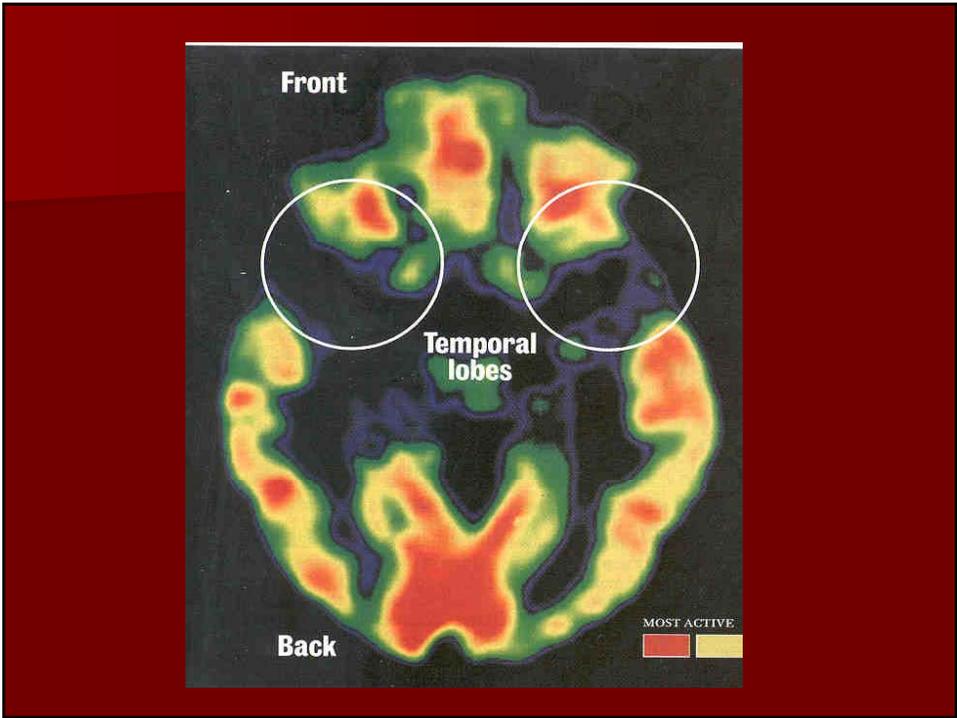
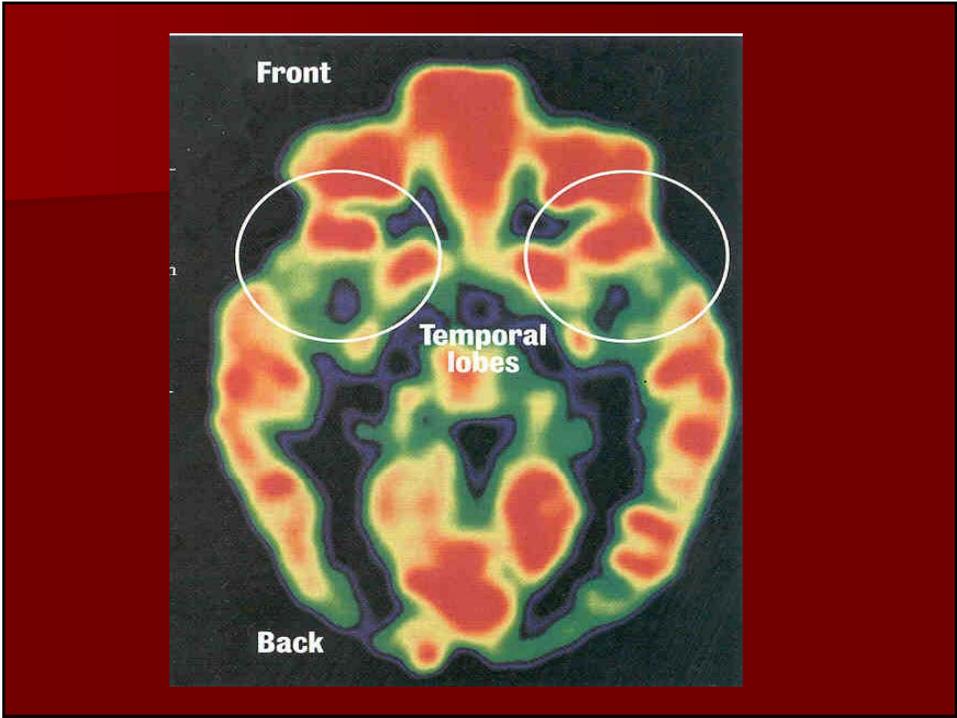
Windows of Opportunity

Window	Wiring Opportunity	Greatest Enhancement	Further Enhancement
Emotional Intelligence Trust Impulse Control	0 - 48 months 0 -14 months 16 -48 months	4 - 8 years	At any age
Social Development Attachment Independence Cooperation	0 -48 months 0- 12 months 12-24 months 24-36 months	4 - 12 years	At any age
Thinking Skills Cause and Effect Problem-Solving	0 - 48 months 0 -16 months 16 - 48 months	4 - 12 years	At any age
Motor Development	0 - 24 months	2-5 years	Decreases with age
Vision	0 -24 months	2 -12 years	At any age
Reading Skills Early Sounds Vocabulary	0 - 24 months 4 - 8 months 0 - 16 months	2 - 7 years 8 mos. -10 yrs. 2-5 years	At any age Decreases with age

Relationships play a major role in the wiring of social-emotional intelligence.

"Caregivers, parents and teachers, hold in their hands the chance to shape a child's entire future. High on the list of priorities are the social interactions and emotional exchanges between caregiver and child."

Bruce Perry, MD.
Texas Medical Center



Seven Key Ingredients of School Readiness

1. Confidence
2. Curiosity
3. Intentionality
4. Self-control
5. Relatedness
6. Capacity to communicate
7. Cooperativeness

Whether a child enters kindergarten the first day of school ready to learn depends greatly on his or her level of social-emotional maturity.

Those who say that social intelligence amounts to little more than general intelligence applied to social situations might do better to reason the other way around: to consider that general intelligence is merely a derivative of social intelligence, albeit one our culture has come to value.

Daniel Goleman

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