

Strengthening Families Storytime: Social and Emotional Competence of Children

THE MESSAGE

During your storytime, try to deliver the following message to adults:

Challenging behavior from children can be a stress on the entire family. Helping your child develop positive relationships with others, self-regulate their behavior, and communicate their feelings can lead to positive outcomes for the entire family.

Attending storytime at your library will help your children develop social and behavioral skills in a low-stress, low-stakes environment.

STORYTIME THEMES

A storytime that focuses on different ways caregivers can parent a child can help families develop successful strategies.

Possible themes/titles for this type of storytime include:

- Positive Parenting
- Full of Feelings
- Good Days, Bad Days

LEARN MORE

<https://www.idahochildrenstrustfund.org/>

https://www.childwelfare.gov/pubPDFs/tantrums_ts_2020.pdf

BOOKS

- *The Way I Act* by Steve Metzger
- *The Dot* by Peter H. Reynolds
- *Do Unto Otters* by Laurie Keller
- *What If Everyone Did That* by Ellen Javernick
- *A Perfectly Messed Up Story* by Patrick McDonnell
- *The Color Monster* by Anna Llenas
- *Being Edie is Hare Today* by Ben Brashares
- *Pass It On* by Sophy Henn
- *The Feelings Book* by Todd Parr
- *Grumpy Monkey* by Suzanne Lang

Reading books about different behaviors can help children understand the impact of their own actions.

ACTIVITIES

Try incorporating activities that help children understand and regulate their emotions.

- Deep breathing, or “quiet down” exercises
- Identify and name different emotions from pictures of faces
- Sensory bins or tubes
- Yoga