



Noisy Nora, Big Al, and the Knuffle Bunny: Using Children's Literature to Support Social Emotional Development



Pam Thompson Arbogast, M.S.
Supervisor, Southern Oregon ESD
Early Childhood Services

Jenna Bilmes Edition 1	Jenna Bilmes Edition 2	Bruce Perry	Ellen Galinsky
Attachment	Attachment	Attachment	
Affiliation	Collaboration, Belonging	Affiliation	Perspective Taking
Self Regulation	Self Regulation, Adaptability	Self Regulation	Focus and Self Control, Critical Thinking
Problem Solving and Conflict Resolution	Contribution	Attunement, Tolerance	Taking on Challenges, Perspective Taking
Initiative			Taking on Challenges, Self Directed Engaged Learning
Respect	Contribution	Respect	
			Communicating, Making Connections

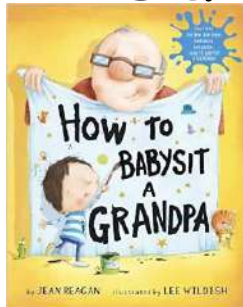
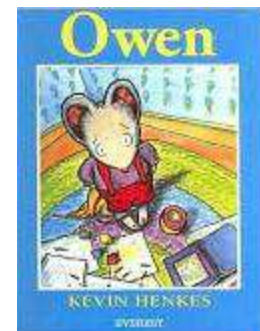
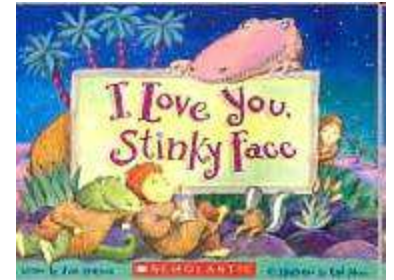
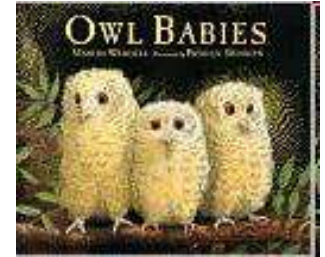
Attachment

- "I have an adult who cherishes me and keeps me safe."
- Look to adult for love and affection
- Depend on adults for safety and security
- Seek out adults for conversation and play
- Accept adult's help and comfort



Attachment themes in Children's Literature

- Separations and reunions
- Unconditional love
- Holding the other "in mind"
- Comforting routines
- Comfort objects (binkies and blankies...)
- Substitute caregivers



Affiliation

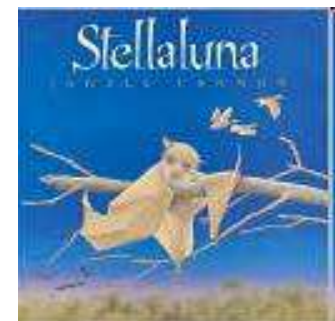
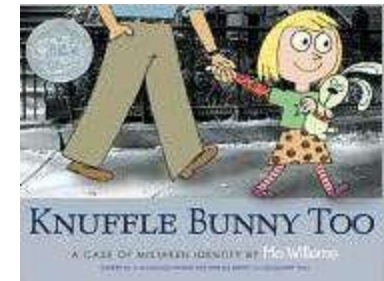
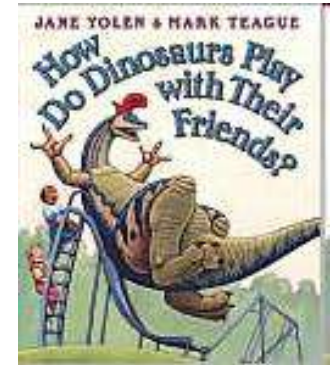
"I can have a friend and be a friend"

- Cooperates in play with increasingly larger numbers of children
- Play entry and maintenance skills
- Understands "social scripts" of preschool
- Sharing, turn taking
- Developing sense of empathy



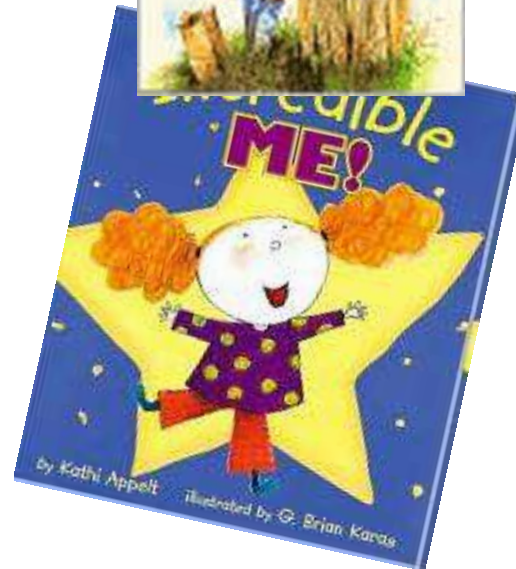
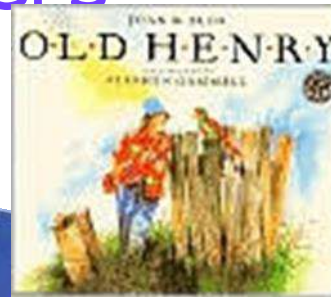
Affiliation Themes in Children's Literature

- What it takes to be a friend
- Shared interests
- Loyalty
- Acceptance and inclusion
- Sibling relationships
- Cross generational relationships

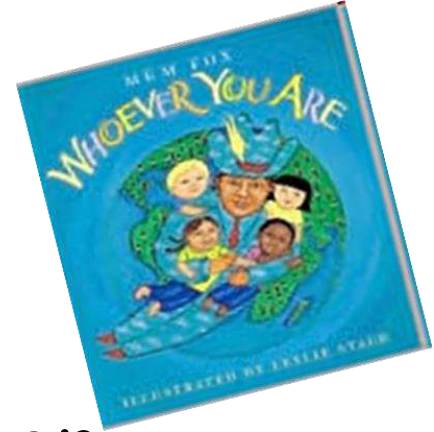


Respect

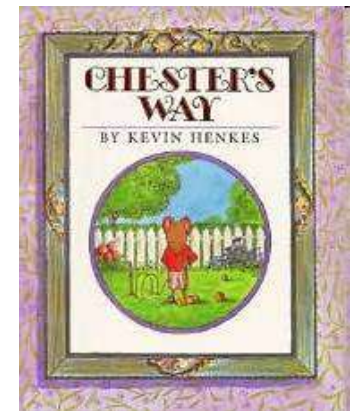
- "I have unique gifts and challenges and so do others"



Respect Themes in Children's Literature



- We all have something in common
- We are all unique
- We're different and we're friends
- What's on the inside is most important
- Self-respect
- Cooperation vs. competition



Self Regulation

" I can manage my strong emotions
and am in control of my behavior "

Building Blocks of self regulation:

- Understand cause/effect
- Understand limits and expectations
- Manage emotions and control impulses
- Figure out time, space, and transitions.
(wait, share space, deal with changes)

Self Regulation Themes in Children's Literature



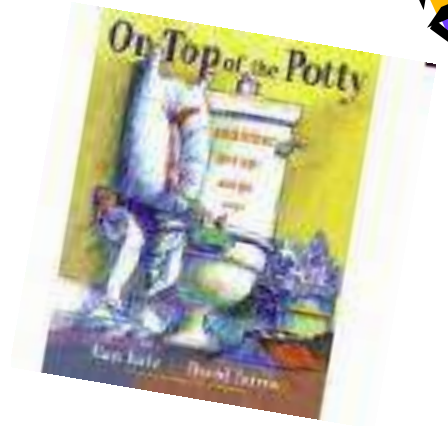
- Physiological regulation
- Emotional regulation
- Modulation of activity
- Cause/effect of behavior
- Managing time, space and transitions-
(how to wait, share space, deal with
changes)

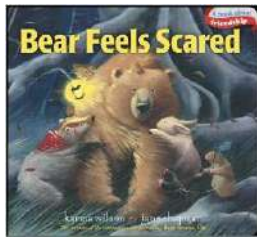


Self Regulation Themes in Children's Literature



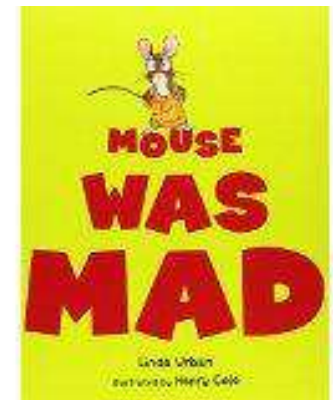
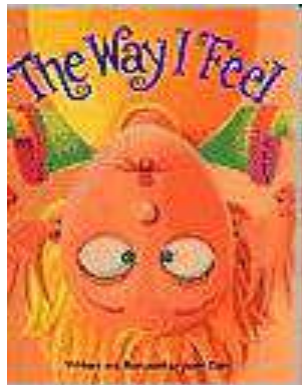
- Physiological regulation
 - Sleep routines
 - Eating
 - Toileting
- Co-regulation



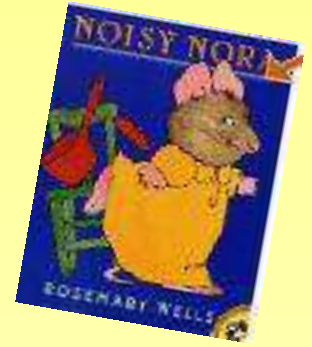


Emotional Regulation

- Labeling and validating feelings
- Modulating responses
- Recognizing that feelings change
- Developing coping skills



Modulation of Activity



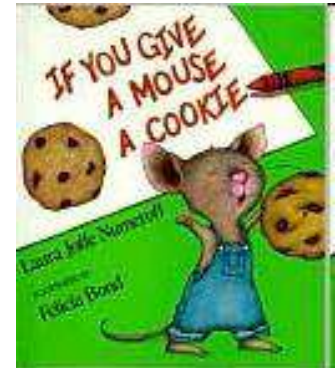
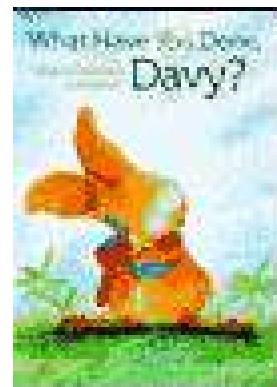
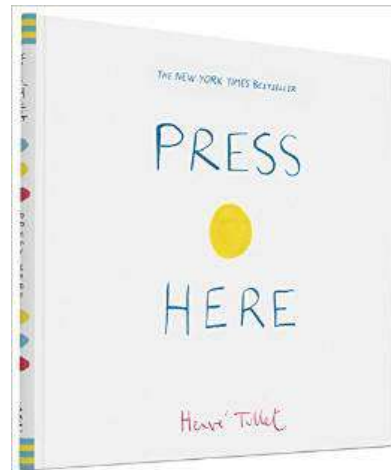
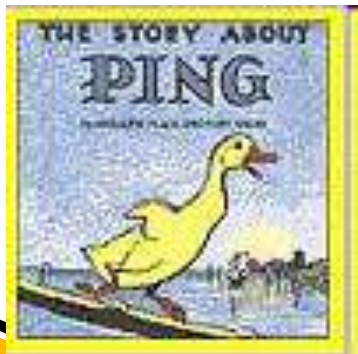
- Learning classroom rules
- Where and when?
- Controlling impulses



Cause Effect Thinking



- Connect actions with consequences
 - Make predictions
- Your behavior affects others
- Making responsible choices



Conflict Resolution and Problem Solving

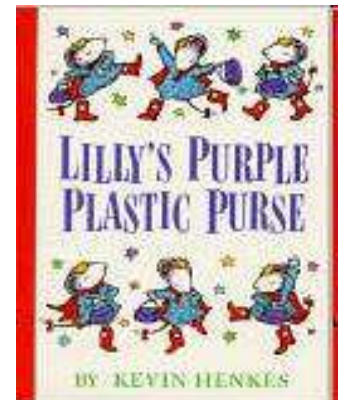
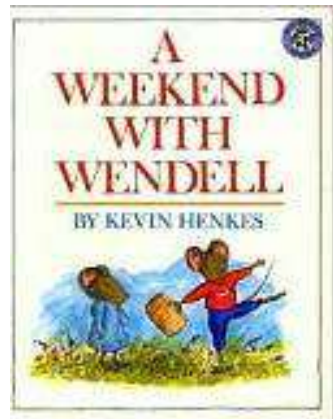
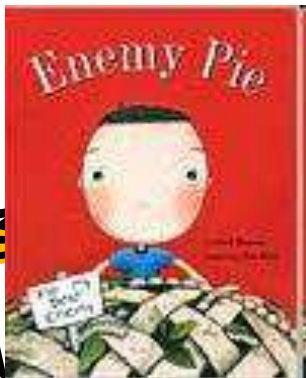


- "I can solve problems and resolve conflicts"
- Have a problem solving attitude
- Develop problem solving and conflict resolution skills
- Figure out what others are thinking and feeling



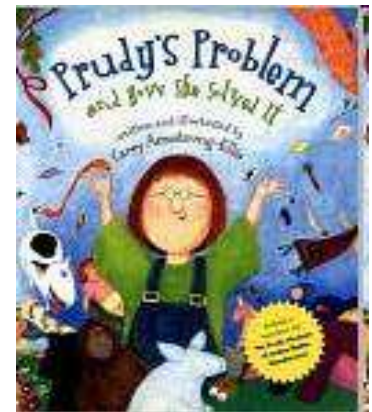
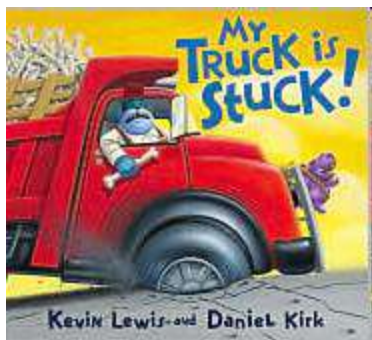
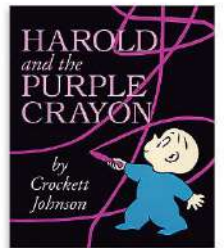
Conflict Resolution Themes in Children's Literature

- Adult/child conflicts
- Peer conflicts/sibling conflicts
- Friendship problems
- Teasing and bullying



Problem Solving Themes In Children's Literature

- The importance of imagination and creativity
- Trying multiple solutions
- The power of the group (teamwork) to fix problems



Initiative

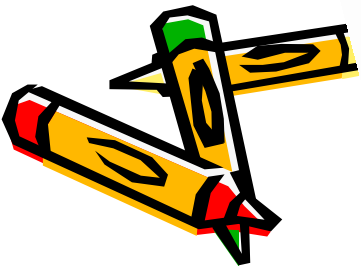
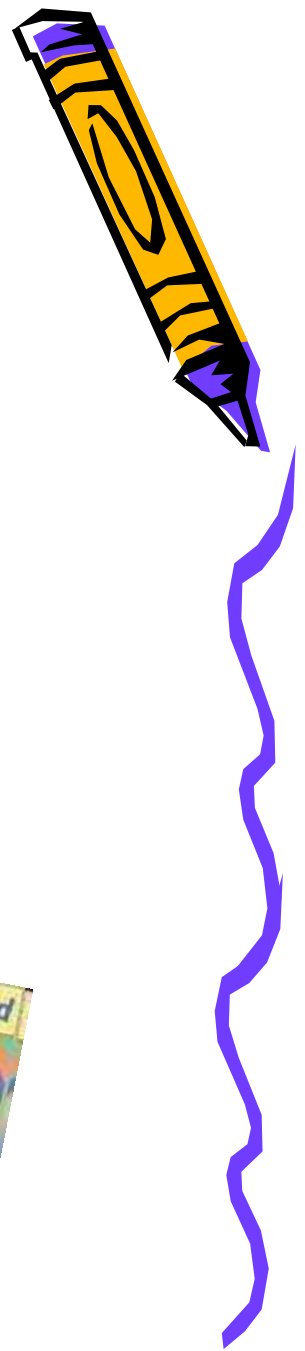
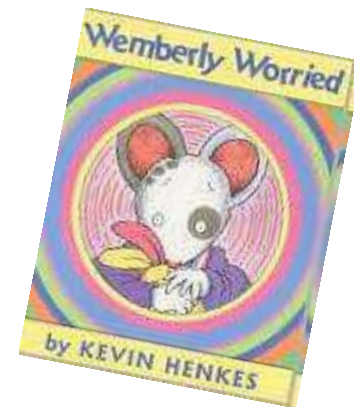
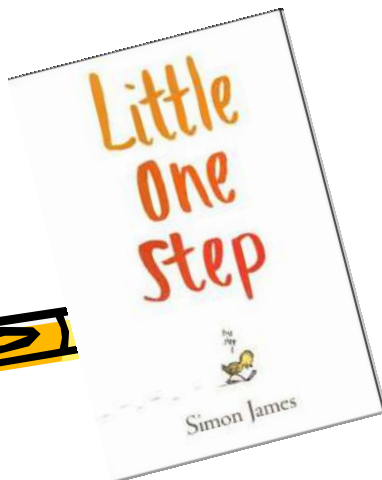


- "I can grow and change and learn new things."
- Children with initiative:
 - Can persist, focus, and complete a task.
 - Are competent and confident.
 - Look forward to the future.



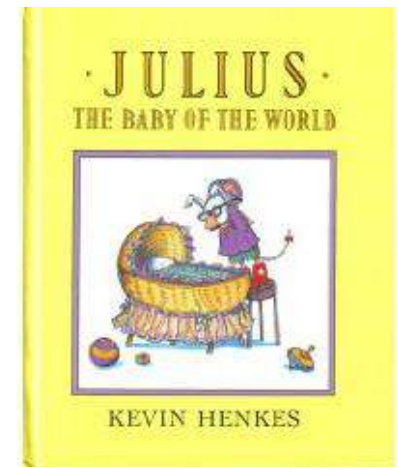
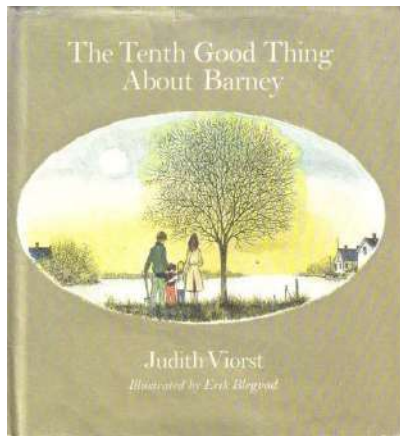
Initiative Themes in Children's Literature

- Working toward a goal
- Overcoming obstacles
- Growing up -becoming independent
- Anxiety



Bibliotherapy

"...the use of books in order to assist with resolution of problems of a personal nature." Pardeck & Pardeck, 1989



"We read to know we are not alone." C.S. Lewis

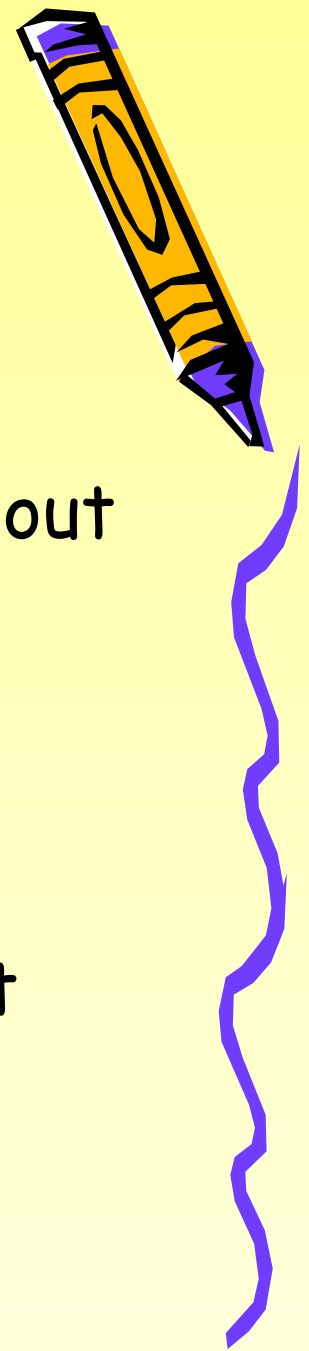
Choosing Books for Bibliotherapy



- *Fictional* protagonist that child can identify with.
- Characters we care about and believe in
- Characters with believable emotions and reactions
- Humor, surprise or suspense
- Creative problem solving
- Engaging, eye catching illustrations
- Appropriate to child's developmental level



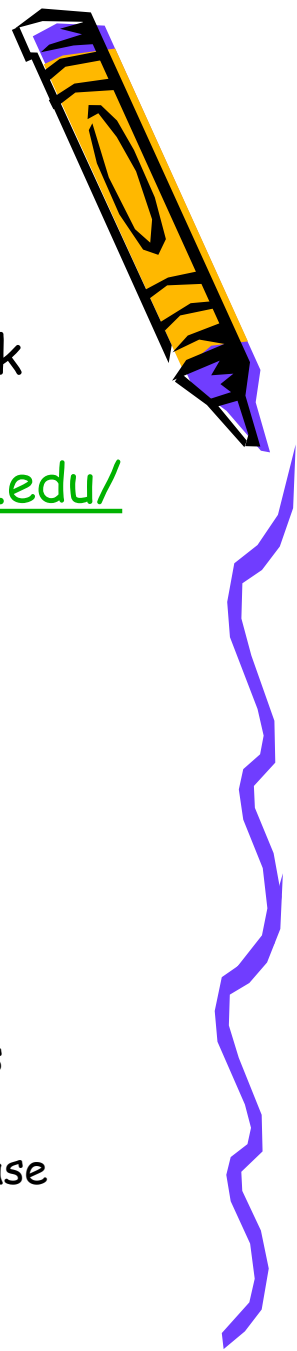
Reading SE literature with children



- Make it engaging
- Relate it to their experiences, but without putting them on the spot
- Have a conversation
 - Talk about feelings
 - Problem solve together
- Be open to, and prepared for, the different directions conversation might take.



Resources



- Libraries!
- Story Stre.e.e.tchers
- SE Curriculum books
 - The Peaceful Classroom
 - The Optimistic Classroom
 - Adventures in Peacemaking
 - Making it Better
- CSEFEL -Book Nooks
- Carnegie Library of Pittsburgh
 - <http://www.clpgh.org/kids/bookenook/bibliotherapy/>
- Children's Picture Book Data Base
- <http://dlp.lib.miamioh.edu/picturebook/>
- Mind in the Making
- SOELS Early Literacy Grant
- 541-956-2059
 - Book Bag Distribution
 - Mind in the Making Kits
 - Literacy Live Binder
 - Children's Book Data base
 - Training

