

Understanding what helps children

Since its inception in 1957, the focus of Children's Institute's work has been to **strengthen children's social and emotional health**. Through an understanding of child development, sound research, and evaluation, we develop and promote effective prevention and early intervention programs, materials, and best practices for children, families, schools, and communities. **By using data to build effective programs, we offer proven solutions to organizations that work with young children.**

By working with teachers, mental health professionals, child care centers, and others that work directly with children, **we help young children overcome life challenges and focus on the issues that impact their social and emotional health** such as:

- High quality early care and education
- Adjustment to school and other life transitions
- Development of coping, organization, goal-setting, and self-control skills
- Coping with parental separation and divorce

"It would be impossible to have made the progress that our community has for our children—our youngest citizens and most important legacy—without Children's Institute. Their work here has tremendously benefitted our kids and has become nationally known and regarded. They are among our most important community assets."

—Jeff Kaczorowski, M.D., Senior Advisor, Children's Agenda; Professor of Pediatrics and Vice Chair for Government and Community Relations, Golisano Children's Hospital, University of Rochester Medical Center

EXPERTS IN THE FIELD

Researchers and practitioners at Children's Institute are published in peer-reviewed journals such as *Pediatrics*, *Journal of Family Psychology*, *Ambulatory Pediatrics*, *Family Court Review*, *Journal of Developmental and Behavioral Pediatrics*, and *Early Childhood Research Quarterly*.

Children's Institute has been recognized by the National Mental Health Association, U.S. Department of Health and Human Services, Association of Family and Conciliation Courts, U.S. Department of Education, the Surgeon General of the United States, and The Community Foundation.



Please consider supporting our work through a donation to Children's Institute. 98% of your donation goes to funding the research and programming needs that help children reach their whole potential. Our success would not be possible without individual donors and foundation grants.

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Children's Institute is affiliated with the University of Rochester

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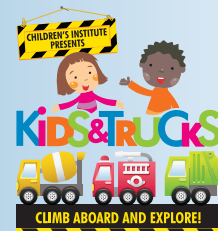
STRENGTHENING SOCIAL AND
EMOTIONAL HEALTH

*Committed to improving
the social and emotional
health of children*



Children's Institute events

For more information, visit www.childrensinstitute.net



OUR VISION

By 2020, we will positively impact the social and emotional health of one million children.

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Proven resources for success

We recognize the importance of children's social and emotional health. Contact us to learn more.



Children's Institute understands the importance of children's social and emotional health as it relates to their development and early learning. This focus increases young children's chances for success in school and lays the groundwork for their success in the workplace. Children's Institute's work helps to build healthy families and communities in the Rochester area, across New York State, and nationally.

Behavioral Health Consultation improves the ability of staff, parents, and programs to identify and reduce the impact of behavioral health challenges among children.

Children of Divorce Intervention Program is an evidence-based prevention program specifically designed to help children cope with challenging family changes, due to separation or divorce.

GROW-Rochester is a comprehensive initiative, with community partners, that integrates screenings for three-year-olds to identify needs in hearing, vision, dental health, language and speech, cognitive, and social-emotional development. These screenings help find possible health or learning concerns that can be addressed prior to when young children start prekindergarten.



"The community relies on Children's Institute to put ideas into action."

—Jennifer Leonard, President and Executive Director,
Rochester Area Community Foundation

Primary Project is a national evidence-based program using play that helps children in pre-k through third grade adjust to school, gain confidence, social skills, and focus on learning. Participating schools identify young children who show emerging school adjustment difficulties and provide them with one-on-one time with a specially trained and supervised paraprofessional in a playroom setting.

"Most students yearn for that one-to-one time with a caring role model in the playroom. Primary Project is a transformational experience for our children."

—School Principal

RECAP is a community wide assessment for pre-k classrooms. RECAP gathers and analyzes data on early childhood programs in order to promote informed decisions that improve programs, practices, and outcomes.

TRACC (Training, Resources, and Coaching Center) is funded by the Greater Rochester Health Foundation, as part of their new Healthy Futures strategy. TRACC is a partnership of 13 community organizations, led by Children's Institute. We work in partnership with adults providing training, resources, and support for a whole child approach to children ages 0-8 by building capacities and improving systems.

For more information and a complete listing of our programs and resources, visit www.childreinsstitute.net.



What Is Social and Emotional Learning (SEL)?

SEL is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. (CASEL)

Young people who develop these skills have greater success later in life, demonstrate lower rates of risky behaviors, and demonstrate higher academic achievement in school.

How we can help:

- We partner with school districts, individual schools, early learning centers, and community-based organizations to support comprehensive SEL implementation.
- We believe that training should be customized to meet your needs, be grounded in what is happening in your school or program, and ideally build upon itself.
- We do a complete evaluation of SEL services and supports.
- We rely on original action-oriented research of SEL programs, practices, and initiatives.
- We focus on both individual and systemic change with a goal to transform how learning happens across sectors

Contact us to implement SEL in your setting today!