

Emotional Well-Being

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A child's emotional well-being

- How children feel and what they do go hand in hand.
- Children's emotional well-being is often said to be more important than their physical health.
- A child's emotional well-being affects their daily lives, such as their behaviour, productivity, and creativity.
- Children develop very quickly and need intervention for positive emotional well-being early on in their lives.
- Children need to have strong support at not only home but also at school.
- Positive support allows children more time to focus on learning, creating, interacting, and succeeding.
- An important part of helping a child develop a positive emotional well-being is for them to know they are loved and is valued.
- A child's mental health develops young, early intervention can prevent the child developing mental health issues.

Effects of positive emotional well-being



8 steps to help improve your child's emotional well-being:

1. Be aware: pay attention to your child's reactions and behaviours
2. Identify causes: what is happening, help your child recognize their feelings and name them
3. Communicate: share your own experiences, discuss emotions, offer comfort
4. Value self-reflection: model and explain the benefits of thinking things through
5. Encourage resilience: help children learn to deal with setbacks, changes, etc.
6. Foster relationships: help children form good relationships. Relationships affect how we feel
7. Consider self-esteem: children struggle with confidence as well, reinforcement and encouragement are important
8. Remember the givens: children need safety, unconditional love, guidance, connectivity, honesty, and respect for their feeling



Effects of a positive emotional well-being

- Children with a positive emotional well-being can extend themselves cognitively, creatively, productively, and socially.
- They are better at managing their emotions
- More welcoming to new experiences
- Ask more questions
- Children become well rounded adults
- Develop resilience

Mental health in young children

- 1 in 10 children have a mental health issue
- One thing does not “cause” a mental health issue, it is normally something that triggers it in an already vulnerable child
- Having an open relationship with our children can make a big impact on how and when they disclose information to you
- Common mental health issues among children are: Anxiety, Depression, Behavioural disorders, PTSD, etc.
- It is essential to intervene early in a child’s life to assist with their future mental health
- Teach about mental health through play

Activities to do with children to improve their emotional well-being:

- Reading, some books include “My many colored days” by Dr. Seuss, “Sam’s pet temper” by Sangeeta Bhadra, “When sadness comes to call” by Eva Eland, etc.
- Emotion eggs, emotion cards, matching emotions
- Yoga, mindfulness
- Making calming down items (stress balls, sensory jar, charts, etc.)
- Drawing/ creating faces (adding in different emotions)
- Emotion bingo
- Face books
- Make worry boxes/ jars
- Board/ card games, such as “Mad dragon”, an emotions thumbball, “silly street”, etc.



References:

- https://www.creativitypost.com/article/childrens_emotional_well_being_eight_practical_tips_for_parents
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