

The Whole Child: Promoting Positive Emotional Health

Often times, parents underestimate the social and emotional needs of their small children. This is often due to the child's lack of ability to communicate these needs, as well, their own lack of understanding about their emotional health needs. It may take us adults a lifetime to figure out just how important our emotional health really is and how important it is to set limits, set time aside for ourselves, or to recognize and manage the unhealthy relationships in our own lives. Maybe, if we help our children to value their emotional health and help them to develop very strong in this area- we may be able to help our children avoid a lifetime of emotional pain, broken relationships, and low self esteem.

Try to avoid minimizing your child's emotional needs. Note your own responses to your child's emotional cues like crying, clinginess, and anger (especially with your male children). Are you supporting your child's emotion health or are you encouraging them to avoid feelings, deny them, or feel shameful of their own emotional reactions?

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Resources for promoting emotional health:

Books

Caring for your baby and young child: birth to age 5
Author: American Academy of Pediatric Staff

Parenting with Love and Logic: Teaching Children Responsibility
Author: Foster Cline

Web sites:

www.LoveAndLogic.com
www.childdevelopmentinfo.com