

How to Support My Child's Emotional Needs

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Understanding Children's Emotional Needs

Here are some positive
ways you can emotionally
support your children.

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Quality Time

communicates you care

- Time = Attention = Love
 - Paying attention when they speak
 - Responding with Interest
 - Emphasizes their importance.
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Affection

Children need Affection

- Smiles
 - Hugs
 - Kisses
 - Caring
 - Words as I Love you
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Accepting their Feelings

Children Need to Know this.

- Validating how they Feel
 - Understanding what they feel
 - Not judging them for mistakes
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Acknowledgment

This is achieved by recognizing
your children's

- Feeling
 - Opinions
 - Desires
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Praise

communicates an appreciation of
the child's efforts

- “I’m proud of you for getting such a good grade,”
 - “I like the colors you used in your painting,”
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Support

Calms a child

- Providing words of encouragement
 - Restoring their beliefs in themselves
 - Assist them in building optimism
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Path to improved health



Ways for parents to support their Child and youth Emotional Needs:

- Provide a safe and loving home environment.
- Create an atmosphere of honesty, trust and respect.
- Allow age-appropriate independence and assertiveness.
- Develop a relationship that encourages your children to talk to you when they are upset.
- Teach responsibility for your children's belongings and yours.
- Teach basic responsibility for household chores.
- Teach the importance of accepting limits.
- Don't forget the importance of rules. Children and youth still need rules that affect their health, safety, and education. Make rules easy to understand. When you make a rule, be sure the reasons for it are clear.
- Listen to your child's concerns, opinions, and requests. If you can compromise, do so.



Things to Consider

- Agitated or restless behavior.
- Weight loss or gain.
- A drop in grades.
- Trouble concentrating.
- Ongoing feelings of sadness.
- Not caring about people and things.
- Lack of motivation.
- Fatigue, loss of energy, and lack of interest in activities.
- Low self-esteem.
- Trouble falling asleep.
- Run-ins with the law.
- Avoid criticism
- Avoid comparisons
- Avoid negative adjectives
- Avoid negative phrases
- Yelling at your child, or expressing your anger physically
- Respond with warmth and appreciation

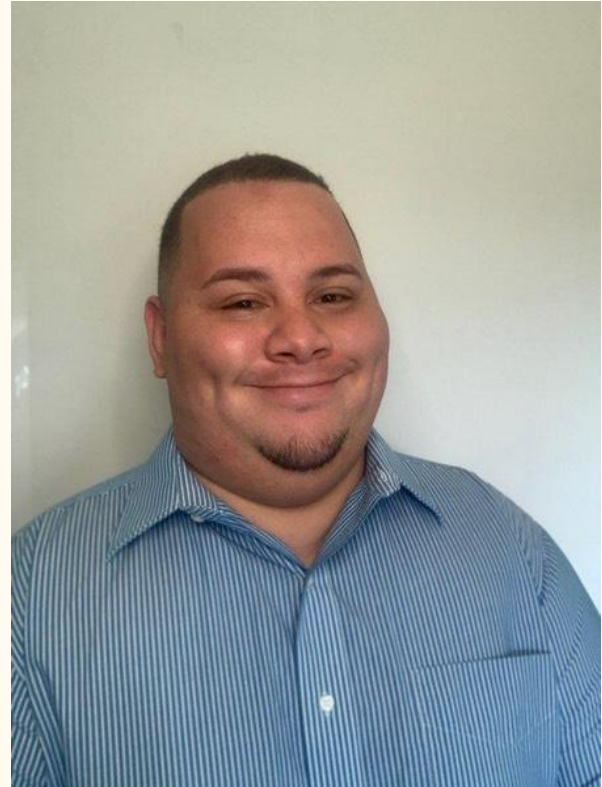
Emotional Support Resources

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Questions?

