

Emotional well-being

Emotional well-being develops when parents, caregivers or other people responsible for a child create an environment that supports the child's emotional, social & psychological development or well-being.

Environments that promote emotional well-being are:

- Safe
- Consistent
- Setting appropriate limits
- Secure
- Nurturing
- Predictable
- Structured

Emotional well-being can positively impact:

- Self confidence
- Social relationships
- Emotion regulation skills
- Self esteem
- Resiliency
- Balance of stress hormones
- Empathy
- Brain development
- Cognitive development
- Moral development
- Conscience development
- Overall mental & physical health throughout the life span
- Performance in school or work
- Learning
- Memory
- Attention

Emotionally supportive behaviors include:

Attunement – understanding the child's feelings & responding appropriately to them

Empathy – understanding & experiencing the child's thoughts & feelings

Unconditional Positive Regard – accepting the child for who they are

Encouragement – offering supportive words & actions that inspire a child

Praise – expressing positive thoughts about a child's accomplishments, attempts & for just being who they are

Open Communication – listening & talking in a direct, honest & respectful way

Age Appropriate Consequences – providing responses that teach healthy, adaptive thoughts & behaviors & support maturity & growth for the child



**WORDS
HURT.**

**BUT...
THEY ALSO HELP.
CHOOSE THEM WISELY.**



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Missouri's Foundation For Child Abuse Prevention

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Strong Families, Safe Kids

Emotional Abuse/ Neglect

Emotional abuse, or psychological maltreatment, occurs when a parent, caregiver or other person responsible for a child repeatedly creates an environment that harms the child's emotional, social or psychological development or well-being.

The experience of emotional abuse or neglect can have a life-long impact. Consistent experiences of emotional abuse can create pathways in the brain that remain as the child grows through adolescence to adulthood.

Research has shown that adverse experiences in childhood can actually influence an adult's poor physical & mental health.



Emotional abuse/neglect can create feelings of:

- Shame
- Isolation
- Fear
- Sadness
- Humiliation
- Insecurity
- Feeling unloved
- Hopelessness
- Anger
- Depression
- Powerlessness
- Rejection
- Being ridiculed
- Terror
- Being blamed



Emotional abuse/neglect can negatively impact:

- Self confidence
- Social relationships
- Emotion regulation skills
- Self esteem
- Resiliency
- Balance of stress hormones
- Empathy
- Brain development
- Cognitive development
- Moral development
- Conscience development
- Attention
- Overall mental & physical health throughout the life span
- Performance in school or work
- Learning
- Memory



Emotionally abusive/neglectful behaviors include:

Verbal Assault – calling a child names, threatening a child or treating a child in a demeaning way

>> This can make a child feel unsafe & badly about themselves.

Isolation – leaving a child alone, keeping a child in isolation, making a child stay away from family or friends for long periods of time for unreasonable reasons

>> This can make the child feel unloved, unwanted, lonely & afraid.

Unsafe or Violent Environment – domestic violence in the home, adults abusing drugs, constant fighting & arguing within the family & home

>> This can make the child feel unsafe & teach antisocial behavior.

Corruption – exposing children to illegal behavior or teaching children to act in antisocial ways

>> This can make a child feel insecure & cause behavior problems.

Ignoring – not listening to or responding to the child's needs, being cold, providing a lack of attention or being emotionally detached from the child

>> This can cause a child to feel insignificant & unloved.

Punitive Consequences – responding to behavior in an excessive or harmful way

>> This can teach children to believe they are bad & can increase violent or disruptive behaviors.



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Strong Families, Safe Kids

All kids need unconditional love, attention, acceptance, encouragement, guidance & closeness. The success of society rests on the healthy development of our children. To maximize their potential, children should feel safe, loved & supported.