

Emotional well-being

...develops when parents, caregivers or other people responsible for a child create an environment that promotes the child's emotional, social and psychological development.

Environments that promote emotional well-being are:

- Safe
- Secure
- Predictable
- Consistent
- Nurturing
- Structured
- Supportive
- Set appropriate limits

Emotional well-being can positively impact:

- Brain development
- Cognitive development (learning, memory, attention)
- Social development (friendships, work relationships, emotional intelligence)
- Moral development (empathy, compassion, conscience)
- Self confidence
- Emotion regulation skills
- Performance in school or work
- Relationships
- Stress level

Emotionally supportive behaviors by adults include:

Attunement – understanding your child's feelings and responding appropriately to them

Empathy – understanding and experiencing your child's thoughts and feelings

Unconditional Positive Regard – accepting your child for who he or she is

Encouragement – offering supportive words and actions that inspire your child

Praise – expressing positive thoughts about your child's accomplishments, attempts to do something and for just being who he or she is

Open Communication – listening and talking with your child in a direct, honest, respectful way

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



1 childhood
4 every 1
all kids deserve
a GOOD 1



Children's
Trust Fund

Missouri's Foundation For Child Abuse Prevention

Strong Families, Safe Kids

Emotional Abuse

Emotional abuse or neglect can have a life-long negative impact. The toxic stress created from ongoing emotional abuse can damage the brain and increase mental and physical health issues.

Research has shown that adverse experiences in childhood can create poor physical and mental health during adulthood.

An emotionally abused/neglected child can feel:

- Shame
- Isolated
- Fear
- Humiliation
- Insecure
- Unloved
- Hopeless
- Anger
- Depression
- Powerless
- Rejected
- Abandoned
- Sadness

Emotional abuse/neglect can negatively impact:

- Brain development
- Cognitive development (learning, memory, attention)
- Social Development (friendships, work relationships, emotional intelligence)
- Moral development (empathy, compassion, conscience)
- Self Confidence
- Emotion regulation skills
- Performance in school or work
- Self esteem
- Balance of stress hormones
- Overall mental and physical health throughout the lifespan

Emotionally abusive / neglectful environments include:

Verbal Assault – calling a child names; threatening a child; treating a child in a demeaning way
>> Causes a child to feel unsafe and badly about themselves

Isolation – leaving a child alone; making them stay away from family or friends for long periods of time for unreasonable reasons
>> Causes a child to feel unloved, unwanted, lonely, afraid

Physical or Psychological Violence – involving domestic violence, adults abusing drugs, threats of harm; causing fear to gain compliance
>> Causes a child to feel unsafe; may teach antisocial behaviors

Ignoring – not listening to or responding to the child's needs; withdrawing attention or being emotionally detached from your child; using the silent treatment
>> Causes a child to feel insecure and unloved

Punitive Consequences – responding to behavior in an excessive or harmful way
>> Causes a child to believe he or she is bad and can increase violent or disruptive behaviors

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The success of society rests on the healthy development of our children. To maximize our children's potential, they should feel safe, loved and encouraged.