

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

## 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



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/Neglect

..., 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  
>> 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  
>> 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  
>> Can make the child feel unsafe & teach antisocial behavior.

**Corruption** – exposing children to illegal behavior or teaching children to act in antisocial ways  
>> 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  
>> Can cause a child to feel insignificant & unloved.

**Punitive Consequences** – responding to behavior in an excessive or harmful way  
>> Can teach children to believe they are bad & can increase violent or disruptive behaviors.

11-2014

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.

ctf4kids.org