



Children's Trust Fund

Missouri's Foundation For Child Abuse Prevention

Strong Families, Safe Kids



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

Emotional well-being can positively impact:

- Brain, Cognitive, Social and Moral development
- 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

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

Unconditional Positive Regard: accepting your child

Encouragement: offering supportive words and actions that inspire your child

Praise: expressing positive thoughts about your child's accomplishments and efforts

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



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.

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, Cognitive, Social and Moral development
- 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

Isolation: leaving a child alone; making them stay away from family or friends for long periods of time for unreasonable reasons

Physical or Psychological Violence: involving domestic

violence, adults abusing drugs, threats of harm; causing fear to gain compliance

Ignoring: not listening to or responding to the child's needs; withdrawing attention or being emotionally detached from your child; using the silent treatment

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

All children should feel safe, loved and encouraged.

