

Emotional Muscle

HOW TO GROW RESILIENT CHILDREN AND
BECOME STRONGER PARENTS

Today's Presenter

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Objectives

Learn about child development through the concept of emotional muscle.

Learn how parents and children can grow together through different life stages to become stronger and more resilient.

Learn how to bounce back when bad things happen.

The authors

Kerry Kelly Novick and Jack Novick, PhD are internationally recognized child psychologists associated with the University of Michigan Medical School. Together with their professional practice, they have written extensively on child and adolescent development, and lecture frequently to groups of parents, teachers, and medical practitioners at universities and training centers throughout the world. Both authors trained as child psychoanalysts with Anna Freud in London. They are the founders of the innovative Allen Creek Preschool in Ann Arbor, Michigan which emphasizes a close parent-child relationship for fostering healthy early childhood development.

Emotional muscle

Everyone needs to develop and exercise physical muscles for health and well-being; without exercise, physical muscles will atrophy.

When people are in good physical shape, they are less tired at the end of their busy day.

Emotional muscles make the ordinary interactions of daily life smoother.

Emotional muscles promote happiness and sturdiness in the face of all life's challenges.

Emotional muscles come from training and practice, just the same as physical ones.

Babies and their parents



Babies

How parents help babies build the emotional muscles of:

Trust

Adaptability

Parents help by:

Making changes gradual

Reinforcing positive memories

The emotional muscles used by parents of babies are:

Bearing the uncertainty and facing the unknown

Making an alliance with your baby

Recognizing when to seek extra help

Opening yourself to the reality of babies' emotions

Bearing your own intense feelings

One-year-olds and their parents building emotional muscle



One-year-olds

How parents help one-year-olds build the emotional muscles of:

Empathy

Agency

Parents help by:

Setting the example, explaining, and encouraging

Offering your child genuine choices

The emotional muscles used by parents of one-year-olds are:

Working to stay in tune with your toddler

Crediting the power of language

Maintaining responsibility for your toddler's safety

Setting realistic and appropriate limits

Two-year-olds and their parents building emotional muscle



Two-year-olds

How parents help two-year-olds build the emotional muscles of:

Bravery

Mastery

Parents help by:

Helping your child bounce back

Fostering positive pleasure

The emotional muscles used by parents of two-year-olds are:

Embracing the individuality of your child

Distinguishing assertion from aggression

Holding on to love

Advocating for your child

Including social consequences

Three-year-olds and their parents building emotional muscle



Three-year-olds

How parents help three-year-olds build the emotional muscles of:

Assertion

Persistence

Parents help by:

Protecting and validating curiosity and drive

Breaking tasks down into manageable steps

Praising the effort

Offering resources to support mastery

The emotional muscles used by parents of three-year-olds are:

Integrating love and separateness

Self-reflection

Taking pleasure in your child's new capacities

Competence, not dominance

Four-year-olds and their parents building emotional muscle



Four-year-olds

How parents help four-year-olds build the emotional muscles of:

Internal controls

Realistic standards

Parents help by:

Developing the inside helper

Labeling the action, not the child

Maintaining consistent expectations

Making realistic demands

The emotional muscles used by parents of four-year-olds are:

Partnering with your child

Honest appraisal

Creating a support network

Distinguishing between authoritative and an authoritarian stance

Engaging with the issue of aggression

Five-year-olds and their parents building emotional muscle



Five-year-olds

How parents help five-year-olds build the emotional muscles of:

Cooperation

Competence

Parents help by:

Expecting and allowing children to independently initiate, sustain, and enjoy cooperative group play

Reinforcing the satisfaction of effort and doing it well

The emotional muscles used by parents of five-year-olds are:

Stamina

Exercising judgement about emotional responsibility

Maintaining self-esteem

Satisfying adult needs

Understanding misbehavior as an attempted solution

Developmental stages

0 to 5: Infancy & toddlerhood

6 to 11: Childhood

12 to 17: Adolescence

18 to 23: Early adulthood

Resilience

**Using our emotional muscles to bounce
back when bad things happen**

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Thank you!

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