

# Protecting Children's Emotional Wellbeing

# Objectives

1. Define emotional wellbeing for children and why it's important
2. Describe ways to help children protect and improve their wellbeing
3. Recognize signs of when it's time to seek help.

# Wellbeing definition

“Wellbeing encompasses **mental, behavioral, emotional** and **social** functioning as well as physical health and development.”

# Educate Yourself

- Variety of developmental models
- Learn about mental health
- Be mindful of potential neurodivergence

# Effective Communication

- Active listening
- Explain feelings
- Use “Noticing Statements”
- Reflective listening
- Focus on behavior
- Avoid bribes

# Coping Skills

- Learn and practice the basics
  - Breathing
  - Muscle Relaxation
  - Mindfulness
  - Journal/draw feelings
- Take space when you need it
- Show your feelings
- Be kind to yourself

# When to get help

- When you feel overwhelmed
- When your child is struggling
- When you need more education
- When you need more resources

# Your Program

**Call toll-free or visit us on the web**

**24 hours a day/7 days a week**

**Thank you!**

## **CONFIDENTIAL INFORMATION**

*The information presented in this presentation is confidential and expected to be used solely in support of the delivery of services to Magellan members. By receipt of this presentation, each recipient agrees that the information contained herein will be kept confidential and that the information will not be photocopied, reproduced, or distributed to or disclosed to others at any time without the prior written consent of Magellan Health, Inc.*



# Sources

- American Academy of Child and Adolescent Psychiatry (March 2017). Retrieved July 3, 2024 from [https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/FFF-Guide/When-To-Seek-Help-For-Your-Child-024.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/When-To-Seek-Help-For-Your-Child-024.aspx)
- Child Mind Institute (October 18, 2022). How to Model Health Coping Skills. Retrieved April 29, 2024, from <https://childmind.org/article/how-to-model-healthy-coping-skills/>
- Child Welfare Information Gateway (n.d.). Well-Being. Retrieved March 6, 2024 from <https://www.childwelfare.gov/topics/well-being>
- Center for Disease Control (July 26, 2023). What is Children’s Mental Health? Retrieved June 26, 2024 from <https://www.cdc.gov/childrensmentalhealth/basics.html>
- Cleveland Clinic (2022). Neurodivergent. Retrieved September 18, 2023, from <https://my.clevelandclinic.org/health/symptoms/23154-neurodivergent>
- Harvard Health Publishing (2021). What is Neurodiversity? Retrieved November 9, 2023, from <https://www.health.harvard.edu/blog/what-is-neurodiversity-202111232645>
- Mindfulness Muse (n.d.). Top 10 Basic Mindfulness Exercises – Part One. Retrieved April 29, 2024, from <https://www.mindfulnessmuse.com/mindfulness-exercises/top-10-basic-mindfulness-exercises-part-one>
- UNICEF (n.d.). How to Communicate Effectively with Your Young Child. Retrieved April 15, 2024, from <https://www.unicef.org/parenting/child-care/9-tips-for-better-communication>