

SOLUTIONS



Understanding Your Child's **EMOTIONAL HEALTH**

Children experience complex emotions like adults, though they often lack the vocabulary or understanding needed to communicate these feelings effectively. Recognizing and responding appropriately to a child's emotional health is crucial to fostering their overall mental well-being.

WHY IT MATTERS

Children who learn to express their emotions healthily and receive supportive responses from adults develop stronger adaptability, higher self-esteem, and better coping strategies. Early awareness and open dialogue about mental health set the foundation for emotional intelligence and long-term psychological health.

What to Look Out for:

- Sudden changes in mood or behavior
- Withdrawal from friends or family
- Difficulty concentrating or declining academic performance
- Frequent complaints of physical symptoms (e.g., headaches, stomachaches)
- Increased irritability, anxiety, or sadness



Tips for Talking to Kids About **EMOTIONAL WELL-BEING**



1. CREATE SAFE SPACES:

Encourage open conversations by ensuring your child feels safe and heard without fear of judgment.

2. VALIDATE FEELINGS:

Let your child know that their feelings are important and valid, even if they seem trivial to adults.

3. USE SIMPLE LANGUAGE:

Discuss emotions using clear, straightforward words that match your child's age and development level.

4. LEAD BY EXAMPLE:

Demonstrate emotional intelligence by openly discussing your own feelings and coping strategies in healthy ways.

5. BE PATIENT AND PRESENT:

Give your child time, as needed, to articulate their emotions and be available when they're ready to talk.

By remaining attentive and approachable, you can help your children recognize and navigate their feelings and instill positive emotional well-being practices from an early age.

Your Employee Assistance Program is also here for you. Call us any time, day or night, for more information, guidance, and resources.

24 HOURS A DAY

800-222-0364

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**LIVE
Webinar**



HELPING KIDS BUILD CONFIDENCE

REGISTER

Wednesday, July 9, 2025 2-3 p.m. E.T.

Children of all ages encounter situations that may make them feel uneasy or apprehensive. Join us to better understand how your emotional responses can influence those of your children, learn ways to help boost your child's self-assurance, and explore techniques for teaching them to productively work through periodic feelings of uncertainty and anxiety.



Tell us about your EAP experience!

The Employee Assistance Program is a voluntary and confidential employee benefit available to eligible federal employees at no cost.

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