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YEARN OF CHILDREN AND THEIR WELLBEING

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Abstract

Being emotionally well involves being attentive to our thoughts, feelings, and behaviors, whether positive or negative. We are emotionally well when our mind, body, and spirit move together as one cohesive unit. Emotional Wellness implies the ability to be aware of and accept our feelings, rather than deny them, have an optimistic approach to life, and enjoy life despite its occasional disappointments and frustrations. Parents have a vital role in the emotional development of their children. They can help their children learn how to express their feelings through instructing, modeling, and guiding them in applying the skills of emotional management. Children who are able to manage their emotions often experience more positive feedback from others and are more successful in everyday life.

Keywords: emotions, childhood, parents, well-being, relationship.

Emotional Wellness

A definition of emotional well-being is offered by the Mental Health Foundation: 'A positive sense of wellbeing which enables an individual to be able to function in society and meet the demands of everyday life'. It is the ability to understand ourselves and cope with the challenges life can bring. The ability to acknowledge and share feelings of anger, fear, sadness or stress; hope, love, joy and happiness in a productive manner contributes to our Emotional Wellness.

Emotional Wellness includes the ability to experience, manage, and express appropriately our emotional life. It means we are aware of our feelings as they pass through us fluidly and dynamically, whatever they are, and have a capacity for work, play, and love. It involves a recognition and acceptance of our physical and emotional selves, including our strengths and limitations.

Its Importance

Emotional wellness allows us to accept how we are feeling. Once we accept our feelings, we can begin to understand why we are feeling that way, and decide how we would like to act in response to those feelings. Being emotionally well grants us the power to express feelings without

any constraints. In turn, we will be able to enjoy emotional expression and be capable of forming supportive and interdependent relationships with others.

Emotional wellness can be described as the developing capacity of children to experience, regulate, and express emotion; form close, secure, interpersonal relationships; and explore the environment and learn - all in the cultural context of family and community. Emotional wellness might also be called mental health, emotional intelligence, relationships for learning, and social/emotional development.

Children's Conception of Emotion

Once children become able to talk, emotional development assumes a whole new dimension. Emotions can now become a subject for reflection: by being able to label the feelings they experience, children can stand apart from them, think about them and in this way objectify whatever is going on inside them. Having words for emotions, children can also enter into the discussion about them: on the one hand, they can convey to others how they themselves feel, and, on the other hand, they can listen to other people give an account of the feelings that they experience. Emotions can thus be shared, and learning about their nature - their causes and

consequences and how to handle them – becomes so much easier once they can be dealt with at a verbal level (Schaffer, 2004).

The Human Connection

'Relationships engage children in the human community in ways that help them define who they are, what they can become, and how and why they are important to other people'. Research illustrates that human connection is the active ingredient fueling a child's development. Before children learn their letters, numbers, or how to share, they must experience positive, nurturing interactions to support future academic success and future healthy development. With careful attention, early learning professionals can provide plans that successfully support emotional wellness through promotion, prevention, and intervention.

Promotion

- Build loving and responsive relationships – Hold and sing to infants, get down on the floor and play with toddlers, and talk and listen to preschoolers carefully.
- Demonstrate problem-solving skills – Comfort infants while talking to them, use role play demonstrating words with toddlers, and facilitate group discussions that guide problem-solving skills with preschoolers.
- Enlighten parents and others – Share articles and information on research and current emotional wellness development.
- Provide emotionally supportive environments – Offer positive emotional expectations such as helping each other and reminding children that we are a community that works together.
- Use project and experience-based learning – Project work encourages children to collaborate, plan, solve problems, and use socially and emotionally intelligent work.
- Be aware of varying temperaments – Variations in temperament means each child may respond differently to different situations. Recognize the reactions and understand the different temperaments.

- Understand culture plays a role – Each family has their own unique set of ideas regarding their child's emotional and social development. Discuss these with families.

Prevention

- Prevent missed opportunities to assess emotional wellness – Use well-suited observation, assessment and screening tools to identify and document any difficulties, progress, and success.
- Prevent unrealistic expectations – Know what to expect based on concrete knowledge of child development and current best practices.
- Prevent a lack of communication with all involved – Plan time to share strategies and information together. Request information from the parent to better understand their child, such as how their child likes to be comforted.
- Avoid escalated situations – Develop action plans to set quickly into place for all levels of concern.

Intervention

- Be well aware of interventions services, such as mental health and child welfare agencies, early intervention programs, and clinical intervention services for high-risk situations.
- Build successful collaborations – Provide documented information to the intervention service program to provide a comprehensive picture of the child's needs. Be sure all adults involved have the information they need have access to communication with one another, and use follow up strategies.
- Get help – With increasing challenges, it's important to recognize our own emotional and social needs; connect with others; seek support and professional guidance when needed.

Emotional Development During Childhood

Children in this stage learn to get satisfaction from completing tasks. They develop imagination and fantasies and learn to handle guilt about their fantasies. During childhood, peer group relationship and school atmosphere and other

environmental factors influence his emotional behavior. His emotions get linked with the new experiences and interests and his emotional behavior gets linked with the new stimuli.

Growing cognitive and language skills give young children the ability to understand and express their feelings and emotions. Here the child is in a position to express his feelings through language. Thus the child advances towards emotional stability and control and during the later period of his childhood, demonstrates an appreciable degree of control over his emotions. The ability to understand emotion continues to develop as young children have more opportunity to practice these skills. Children reared in homes in which emotions and feelings are openly discussed are better able to understand and express feelings (Bradley, 2000).

Parent-Child Relationship

In early childhood, children need the opportunity to take initiative but also need firm limits, whether they are established by parents or grandparents or someone else who adopts the parent role. A positive relationship with at least one parent helps children to feel secure and nurtured (Fraser et al., 2004). Parents who are aware of emotions and talk about them in a differentiated manner assist their children in experiencing and regulating their own emotions (Ingole, 2014).

In the context of normal development, the parent-child relationship plays a critical role in the infant's emergent behavioral and emotional regulation. An early caregiving environment characterized by physical safety, the satisfaction of physiological needs, empathic responsiveness, mutual enjoyment, learning opportunities and age-appropriate limit setting helps the child develop a consolidated sense of self and prepares the child for future social interactions. It provides the primary context for the development of the child's sense of self and in relation to others, that is, the child's beliefs about what can be expected in relationships. Children whose parents are

involved in their education typically succeed academically (Fan, 2001).

Parental Variables Influencing the Children

Parents' Attitude: Parents think that their major role in the development of children is to guide and set a proper example for their emulation. It is more important here to emphasize 'how parents feel is much more significant than what parents do'. Parents with democratic attitude are more likely to promote the growth of balanced personalities of their children from all points of view'.

Parents' Personality: This has its inevitable impact on the development of the children. This means that parents' attitudes, character, traits, and values of life have their undeniable impact on the developing children. The Personality of parents exerts greater influence on their children than their child-rearing practices.

Parents' Behavior: Warmth of the relationship existing between parents and children is of vital importance for the development of children. The child in a large family may experience more difficulty in having a smooth relationship with his parents.

Parental Roles

Parents and caregivers make sure children are healthy and safe, equip them with the skills and resources to succeed as adults, and transmit basic cultural values to them. Parents and caregivers offer their children love, acceptance, appreciation, encouragement, and guidance. They provide the most intimate context for the nurturing and protection of children as they develop their personalities and identities and also as they mature physically, cognitively, emotionally, and socially. A key aspect of emotional development in children is learning how to regulate emotions. Children see how their parents display emotions and interact with other people, and they imitate what they see their parents do to regulate emotions (Sheffield Morris et. al). A child's temperament also plays a role in

their emotion regulation; guided by the parenting style they receive.

Sometimes, just being physically present is not enough. Parents that may be nearby but that are not emotionally invested or responsive tend to raise children that are more distressed and less engaged with their play or activities. A study investigating the connection between parent's investment and children's competence suggests that the emotional involvement of parents really does matter and affects the outcome of their child's emotional competence and regulation (Volling, 458). Parents should keep this in mind when considering the quality of the time they spend with their children because if they do not invest enough of their time and commitment into pouring emotionally into their child, the child will struggle to learn how to regulate his emotions and interact with others appropriately.

Conclusion

The children of the world are innocent, vulnerable and dependent. They are also curious, active and full of hope. Their time should be one of joy and peace, of playing, learning and growing. Their future should be shaped in harmony and cooperation. Their lives should mature, as they broaden their perspectives and gain new experiences. Hence the foundation of emotional well-being is the ability to understand and express one's own feelings. There is no excuse to support the abandonment and forgetfulness of the children who are in a stage of growth, and this is the reason why they need their parents more than ever. Today's children will be the future of tomorrow, and because of this, it is essential that they acquire the necessary basis to be good entrepreneurs without any exception. To enhance children's emotions, the guidance and model of parents are essential.

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