

HELPING MY CHILD BECOME EMOTIONALLY STRONG

AS A MOTHER OR FATHER, WHAT CAN I DO?



YOU ALL CAN HELP ME BECOME EMOTIONALLY STRONG!

If my child is emotionally strong, he or she has good mental health. And being mentally and physically healthy means my child can develop well. My child learns new things every day. Sometimes that means my child faces difficult situations. Being emotionally strong helps my child handle problems better.

“Emotional strength” manifests itself differently in each age, for example:

- My child plays happily.
- My child is inquisitive and open.
- My child can wait for a moment.
- My child can pursue a goal of his/her own.
- My child is creative: my child paints, sings, makes things.

My child can already do a lot to become emotionally strong. For example, babies can develop close relationships with other people and can sometimes even soothe themselves. My child can improve his or her emotional strength with parents, brothers and sisters and other people.

Being there

My child should feel safe. Therefore, I make sure there are always people my child knows close by. I know what my child needs. I look after my child.



Showing pleasure

I show my child that I like being with him or her. I'm interested in what my child does. Therefore, my child knows he or she is important.



Talking to one another

Maybe my child is still too young to understand. Even so, I talk to my child. I look to see what he or she is feeling. For example, I look at my child's facial expressions. And I listen to the sounds my child makes. I respond to that.



Comforting

I comfort my child when he or she cries. I can soothe my child with my voice or by holding and caressing him or her. Or I can rock my child in my arms.



Explaining things

I explain important things to my child, and also small things that are happening around him or her. I tell my child what I'm doing and how I feel.



Meeting other people

I make sure my child meets other children and adults. I am on hand when my child needs me.



Playing

Playing is important. When my child plays, my child is learning about the world and discovering himself or herself. Therefore, I make sure my child can play. Sometimes I play with my child.



Trying things out

My child is allowed to try things out. My child is allowed to discover things. I explain to my child clearly and understandably what is allowed and what is not allowed.



Physical well-being

I look after my child's physical well-being. Therefore, I make sure my child gets enough fresh air and exercise. I give my child healthy food that he or she likes.

Time to rest

My child learns many new things every day. Therefore, my child also needs to rest. I make sure my child can rest and sleep. I make sure my child has breaks during the day.

Helping each other

My well-being is important for my child's well-being. I make sure I can rest and regenerate. I ask other people to help me.



Taking part

My child should know that he or she is part of a group of children and adults. Wherever possible, I make sure my child is actively included. Even when I meet up with other people, I am there for my child.