Chapter 9: Strengthening the Development of the Emotional Self

The Whole Child: Developmental Education for the Early Years
Tenth Edition
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Importance of Developing Basic Attitudes of Trust, Autonomy, Initiative, and Industry in Young Children

• Trust versus Mistrust

• Autonomy versus Shame and Doubt

• Initiative versus Guilt

• Industry versus Inferiority
Hallmarks of an Emotionally Healthy Young Child

Is the Child Working on Emotional Tasks That Are Age Appropriate?

• Children are independent, choose what they want to do, generating their own ideas with enthusiasm

Is the Child Learning to Separate from the Family Without Undue Stress and to Form an Attachment with at Least One Other Adult at School?

– Child & teacher have a good and trusting relationship = better academic performance, being socially/emotionally well rounded, lower levels of stress, healthier physical development

Is the Child Learning to Conform to Routines at School Without Undue Fuss?

• Consider the age of the children
Hallmarks of an Emotionally Healthy Young Child

• What the Research Tells Us:
  ◦ The importance of secure attachment in early childhood cannot be over stated.
  ◦ Preschoolers who have a secure attachment with their teacher have lower levels of stress and healthier emotional and physical development.
  ◦ It is imperative that teachers are intentional about forming close relationships with each and every child—especially those who they feel are temperamentally difficult.
Hallmarks of an Emotionally Healthy Young Child

- Is the Child Able to Become Deeply Involved in Play?

- Is the Child Developing the Ability to Settle Down and Concentrate?

- Is the Child Unusually Withdrawn or Aggressive Compared to Other Children the Same Age?

- Does the Child Have Access to a Full Range of Feelings and the Ability to Deal with Them in an Age-Appropriate Way?
Personal Qualities That Will Help the Teacher Establish an Emotionally Positive Climate in the Children’s Center

• Intention
• Consistency
• Reasonableness
• Courage and Strength of Character
• Being Genuine
• Empathy
• Warmth
• Appreciation
• Good Health
Practical Ways to Help Young Children Achieve Healthy Emotional Development

Remember That Children Have Different Temperaments

*goodness of fit*

Reduce Frustration for the Children When Possible

1. don't make children wait longer than they need to: eat, play outside...

2. have enough and age appropriate toys and materials

Learn to Couple Language with Emotion by Identifying and Describing Children’s Feelings to Them and by Helping Them Express These Feelings to Relevant People in an Acceptable Way

• It is ok for children to express how they feel no matter how dangerous the feelings

• If they don't talk about it they will most likely act it out
Practical Ways to Help Young Children Achieve Healthy Emotional Development

Teach Children the Difference Between Verbal Attack and Self-Report
1. Give me that shovel you meanie!
2. I need that shovel now. I can't wait!

Learn to Recognize Signs of Stress and Emotional Upset in Children
• Regression to less mature behavior
• Hair twisting, nail biting, thumb sucking, increased irritability, lethargic, withdrawn, challenging rules, crying a lot, excessive activity.
Know What to Do for Children Who Are Emotionally Upset

• Depends on each individual child and age
• Comfort the child by holding them, rocking them
• Don’t reason with a child while they are crying. Wait until they have stopped
• “When you have stopped crying, we can talk things over.” in a soothing voice
• Get the child water after he/she stops crying, wipe face
• Help the child resolve conflict and/or move on to an activity
Promote Every Child’s Sense of Self-Esteem

Unconditional Positive Regard

• Am I taking time to enjoy the children? OR
• Am I looking at each child to see what behavior should be improved?
• Being uncritical
• Having faith that children will turn out fine

Honest Recognition and Praise

• Include something specific the child did
  “Thanks for letting Keiko play; it cheered her up.” praise
  “I bet you can do it if you try.” encouragement
Promote Every Child’s Sense of Self-Esteem

Respect

- Abide a child's decision when you give them a choice
- Ask a child's opinion
- Don't embarrass the child in front of others
- Explain the reason behind a rule
- Respecting the child's family

Helping the Child Achieve Competence

- **Intrinsic** - from within
- Intrinsic motivation
- Intrinsic satisfaction
Promote Every Child’s Sense of Self-Esteem

Allow Children to Experience Mastery by Making Their Own Choices and by Being as Independent as Possible

• *Locus of control* in the hands of the children

• Let children feel that they are in control of the environment as much as they can within safe limits.

• Reduces feeling of helplessness
Promote Every Child’s Sense of Self-Esteem

Provide Opportunities That Are Challenging but Not Excessively Difficult to Give Children the Chance to Test Themselves Against Difficulties

Emphasize the Value of Building Cross-Sex Competencies of Various Kinds

Make Certain That Children with Disabilities Experience Opportunities to Build Competence, Too

Offer Many Opportunities to Accomplish Meaningful Work
Promote Every Child’s Sense of Self-Esteem

Offer Creative Activities Because They Provide Excellent Opportunities for Experiencing Competence

Help Children Connect with Nature to Soothe the Soul

- Outdoor play increases creativity, reduces stress, and increases physical fitness.
- Viewing nature reduces stress, increases levels of attention and interest, and decreases feelings of anger and aggression.
Promote Every Child’s Sense of Self-Esteem

- Contact with nature has a positive effect on mood and reduces feelings of anxiety.
- Outdoor time has improved the behavior of children diagnosed with attention disorders.
In class Activity 10 points

1. Go to page 251
2. find section Questions and Activities
3. answer question number 2 & 4