

Tips to Support your Child's Emotional Well-Being

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Supporting your child's emotional well-being is just as important as getting a regular checkup for their health. Remember, the more often you talk to your child, even brief chats, makes it easier to have a conversation when things might not be going well. If you see your child looking upset, sad, or worried, think about how you might be able to check in with them to see how they are doing. What would checking in look like for you? When during the day might you be able to have a talk that is private and not rushed? How might you open the conversation?

Build a strong relationship with your child

Problems at school can impact your child's desire to go to school, or to stay in school for the full day.

Consider how you can use everyday activities as a time to talk (preparing a meal, doing chores, walking to the school bus in the morning, or while driving). These brief, positive moments to connect help your child know that you care and can make it more likely that they will talk to you if a problem or challenge occurs at school.

Notice your child's patterns around school

Does your child not want to go on certain days of the week? Do they bring up an aspect of school often and in a negative way? Does your child tend to always say "I don't feel well" on certain days of the week? All of these patterns could indicate something going on at school that is worth exploring through a conversation. It is important that our children do not avoid the things they do not like, but learn skills and thought patterns that can make them feel better about engaging in new and/or challenging things.

Communicate to build your kids' resilience

Parents and caregivers can respond to their child to help them develop a strong sense of self, healthy relationships with adults and peers, and resilience in the face of difficulty. The relational practices for ordinary conversations are:

Playfulness

Being playful with your child involves finding light moments, laughter (but not laughing at the child), showing deep interest in the child's interests and concerns, and expressing joy in being together and sharing life. Playfulness communicates "We'll get through this together."

Acceptance

Acceptance creates experiences of safety and discovery of inner thoughts and feelings of the child. It does not mean the parent accepts the child's behavior! An example would be, "You must have been worried about your friend being mad at you when you didn't want to go to school." Acceptance often comes before curiosity and problem solving.

Curiosity

Curiosity involves parents trying to deeply understand their child rather than making assumptions or responding in anger. It involves asking questions that do not have a yes/no or right answer.

Empathy

Empathy involves compassion for your child, recognizing that their experience can be difficult or overwhelming. As parents, we can empathize even if we think the youth needs discipline.