







Noah's Inclusion Services

EMOTIONAL DEVELOPMENT

What?	How?	
<p>Children need to face up successfully to life's difficulties and become emotionally healthy.</p>	<ul style="list-style-type: none"> • Having the connection of a good relationship with a parent or other caring adult. • Experiencing competence through being able to do things and achieve success in their lives, beginning in infancy. • Feeling they are contributing to their family and community. 	
<p>Connection</p>	<ul style="list-style-type: none"> • The time spent in the playroom enjoying playing with you, like other fun times with you at home and on outings, will help build up the child's sense of connection. 	
What?	How?	
<p>Self Esteem</p>	<p>Children's self-esteem is built on their experiences of competence. To build your child's self-esteem, use <i>labelled praise</i> and point to the child's specific, concrete achievements. These might be:</p> <ul style="list-style-type: none"> * academic, e.g., getting a stamp or star on a worksheet for good work. * physical, e.g., riding a bike, catching a ball. * sporting, e.g., being able to blow bubbles during swimming lessons. * playing, e.g., taking turns, being careful with toys, amusing self, playing independently * artistic, e.g., doing a painting or collage at preschool. * living skills, e.g., eating with a fork, doing up their shirt, tying shoelaces * social, e.g., helping by getting a nappy for the baby, helping clean the car, showing concern when their sister fell over and hurt her knee. 	  

What?	How?	
Competence	<ul style="list-style-type: none"> • The experience of competence begins in infancy when babies begin to know that parents come when they cry, then when they start to crawl, reach for toys, and do things for themselves. • Learning to walk, feed, wash, and dress yourself all add to this experience. So does learning that you can do things that help others in the family and so contribute to society. • Labelled praise helps children to identify their areas of competence and contribution. That's another reason why labelled praise is so important. 	

Pointing out, and praising, the things your child achieves will help them to develop a sense they are worthwhile and skilful people. It will also help to protect the child from feelings of helplessness, failure and depression when things go wrong, as they sometimes do for all of us. It helps children to pick themselves up, go on, and try again.