

Early Childhood Mental Health: How Emotional Intelligence is Developed in Early Childhood?

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Learning Objectives

Participants will

- Gain familiarity with the definition of early childhood mental health and emotional intelligence
- Identify behaviors that demonstrate mental health in infants and young children
- Explore examples of promoting emotional intelligence and early childhood mental health in everyday practice

What is Mental Health?



Definition of Early Childhood Mental Health

Mentally healthy infants and young children have the developing capacities to

- Experience, regulate, and express emotions in socially acceptable ways
- Form close and secure adult and peer relationships
- Explore the environment and learn
- All in the context of family, community, and culture

Adapted from:

http://main.zerotothree.org/site/PageServer?pagename=key_mental

Definition of Early Childhood Mental Health Activity: Handout 1

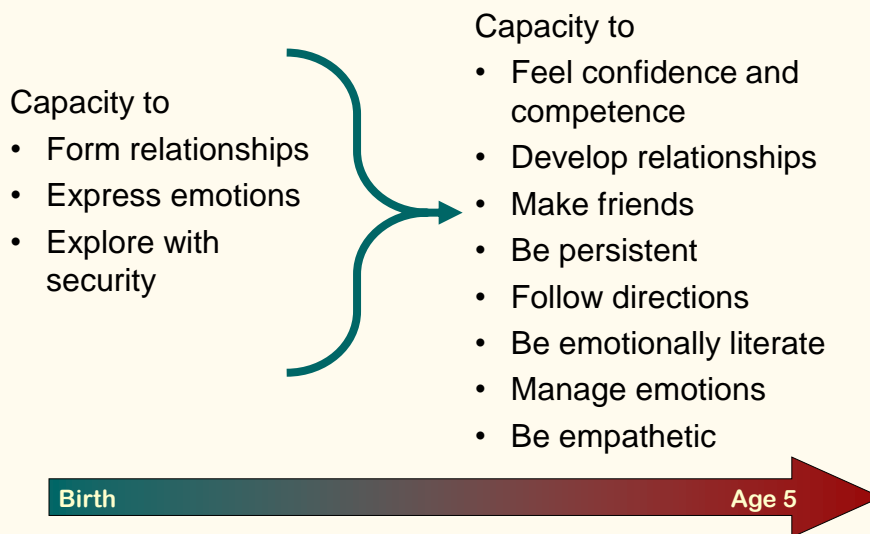
How Can You and Others Support
Children's Developing Capacity in
Mental health ?



What Does Early Childhood Mental Health Look Like?



Children's Developing Mental Health



Early Childhood Mental Health Is Synonymous with Social-Emotional Development



“Emotional well-being and social competence...are the bricks and mortar that comprise the foundation of human development.”

National Scientific Council on the Developing Child, 2007

Emotional Intelligence



Emotional Intelligence

the capacity of individuals to recognize their own, and other people's emotions, to discriminate between different feelings and label them appropriately, and to use emotional information to guide thinking and behavior



IQ and EQ (emotional intelligence quotient)

IQ measures a person's academic intelligence

EQ measures emotional intelligence — a person's ability to interact with others or 'social intelligence'.

Why Is Emotional Intelligence So Important?

- related to young children's success in relationships;
- related to young children's early success in school;
- parents model emotional expression and regulation and structure environments that promote attaining and
- parent socialization of emotion is not the only mechanism by which children's EC is socialized

How to Develop EQ? Developing EQ Through Relationships



How to Develop EQ: Help Children

- Be Aware of Emotions
- Understand How Others Feel and Why
- Manage their Emotional Reactions
- Choose their Mood

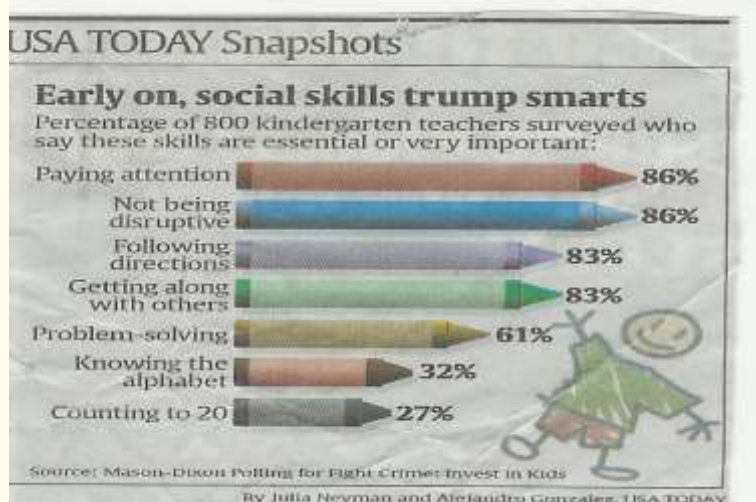


Listen, Empathize, Talk about
Your Own Emotions

Scenarios



Why Is Early Childhood Mental Health So Important?



Early Childhood Mental Health

Services related to early childhood mental health include

- Promotion
- Prevention
- Intervention

For children, families, and staff

Promotion



These activities enhance social-emotional wellness for all children.

Promoting Early Childhood Mental Health and Emotional Intelligence



Video Reflections

- How did you feel while watching the video clip?
- How did the caregivers promote a secure relationship?
- How did the caregivers help the child to explore the environment and learn?
- How did the caregivers encourage the child to experience, regulate, and express emotions?
- How did the caregivers promote the context of culture, family, and community?

Program Strategies for Promoting Early Childhood Mental Health

- Incorporate high-quality social-emotional programs into your everyday practices
 - Regularly share information about mental health
 - Take care of yourself
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Prevention



These services minimize social-emotional risk factors and reduce the likelihood that mental health problems will develop or intensify.

Problem Solving as a Preventative Strategy



Additional Ideas for Prevention

- Engaging in promotion activities
- Conducting screening, assessment, ongoing observation
- Helping children to gain self-regulation skills
- Helping children to notice their own feelings
- Practicing and modeling self-regulation
- Addressing family risk factors
- Supporting staff members who are feeling challenged

What Prevention Activities and Strategies Does Your Program Use? For Children? For Families? For Staff?



Intervention



These services support families of children exhibiting behavioral problems or diagnosed with mental health problems that need further support and attention.

Early Childhood Mental Health Is Linked to Family Well-Being



Key Messages

- Early childhood mental health and EI is promoted through everyday interactions and dialogue.
- The mental health of children is connected to the well-being of their primary caregivers.

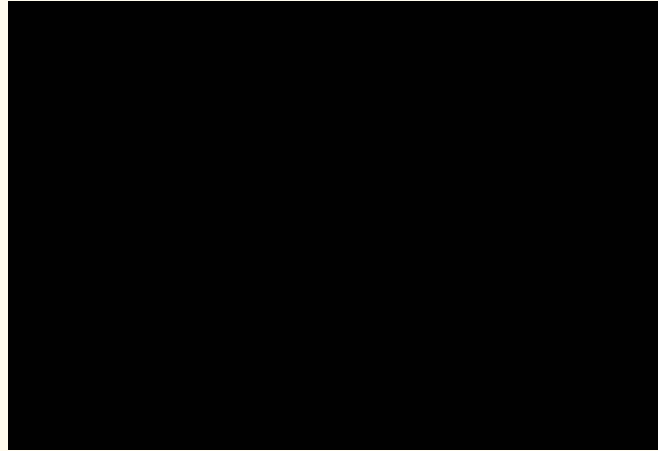
Key Messages

- Promoting EQ and Mental Health leads to positive outcomes in school and in relationships
 - Intentional practices to prevent mental health problems from developing or worsening are effective.
 - Intervention strategies are most successful when they are individualized to the unique meaning of the behavior and to the unique needs of the family.
 - Trusting relationships among staff, families, and children are essential.
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Resources

- CSEFEL/Pyramid Model:
<http://csefel.vanderbilt.edu/>
 - TACSEI: www.challengingbehavior.org
 - Virtual Lab School:
<https://www.virtuallabschool.org/preschool/social-emotional/lesson-2>
 - ZERO TO THREE:
www.zerotothree.org/resources/series/developing-social-emotional-skills
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Change the First Five Years and...



Wrap-Up

- Evaluation and feedback
- What questions do you still have?
- What will you remember?
- What will you do differently?