

Children rely on trusted adults to help them make sense of their feelings and the world around them. The following are simple, evidence-based ways to help children thrive emotionally.



How to Support a Child's *Emotional* Well-Being

Simple Ways to Support Your Child's Emotional Health

- **Be Present and Attentive:** Set aside uninterrupted time each day to listen and talk with your child. Feeling seen and heard builds emotional security.
- **Model Healthy Emotional Expression:** Children learn by example. Express your own emotions in constructive ways—whether it's stress, joy, or disappointment.
- **Validate Their Feelings:** Let children know that it's okay to feel sad, angry, or anxious. Avoid minimizing their emotions; instead, offer support and comfort.
- **Maintain Consistent Routines:** Predictable schedules create a sense of safety. Even simple routines like mealtimes or bedtime stories offer stability.
- **Encourage Physical Activity and Play:** Exercise and unstructured play help children manage emotions and build resilience. Try taking walks, dancing together, or outdoor games.
- **Foster Social Connections:** Help children build and maintain friendships. Encourage calls, playdates, or virtual chats with relatives and friends.
- **Limit Screen Time:** Too much screen time can interfere with sleep, behavior, and mood. Create tech-free zones during family meals and bedtime.
- **Praise Effort, Not Just Results:** Recognize your child's hard work and perseverance. Encouraging a "growth mindset" builds confidence and emotional strength.

You don't have to do everything perfectly. Small, consistent actions can have a big impact on your child's emotional health. By actively supporting your child's emotional well-being, you're laying the foundation for a lifetime of resilience, confidence, and connection. To learn more, reach out to the EAP or visit **EAP4YOU.com**.