

# Finding Your Child's Happy

## Emotional Well-Being Tips for Youth

Children's social and emotional health affects their overall development and learning. A child who is emotionally healthy tends to be more motivated to learn, has a positive attitude towards school and family and is generally happier. By contrast, a child with social and emotional challenges can find it difficult to follow directions, have low self esteem and do poorly in school. Here are some tips to encourage social and emotional growth and well-being in your child.

1

### PROVIDE A SAFE PLACE

Everyone needs a safe place where they can let down their guard and let someone else in. A safe place could be your home, a teacher's classroom at school, a community program or an outdoor space. Don't be discouraged if your child's safe place is outside the home.



2

### CONSIDER PROTECTIVE FACTORS

Children and youth need to connect with their "MAMA": a Meaningful Adult and a Meaningful Activity. Does your child have someone they can check in with or things they can do? Even virtual check-in's are safe and effective and online programs offer learning and connections.



3

### TEACH RESILIENCY

The ability to bounce back from stress, trauma and challenges is called being resilient. Kids who show resiliency have warm, supportive adults in their lives and don't sweat the small stuff. Teach them coping skills like problem solving, making realistic plans and encourage independence.



4

### MANAGE ANXIETY

If your child is having trouble sleeping, complaining of head or tummy aches, or sticking to you like glue, they may be showing signs of anxiety. To help them, actively listen to your child and check in with them, focus on small, easy tasks, create routines and encourage positive thinking & exercise.



5

### MODEL SELF CARE

When you take time to care for yourself, you model how to manage stress, be resilient and promote positive thinking. Try adding a short walk to your day, get plenty of rest, ask for help (and accept it) and try some mindful meditation. Self care is something we all need more of.



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### SEEK PROFESSIONAL HELP

If you are concerned about your child's emotional well-being, contact their pediatrician or one of the numbers below:  
Crisis Line of Hawaii:  
832-3100 or 800-753-6879  
Crisis Text Line:  
text ALOHA to 741-741  
Health Hotline for DOE students:  
844-436-3888

