



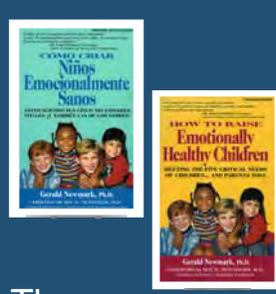
**Emotionally Healthy Children, Families,
Early Childhood Programs and Communities**

Gerald Newmark, Ph.D. & Veronica Getskow, Ph.D.
The Children's Project



Welcome

Child Care Administrators and Staff



The Children's Project



Co-Founders:
Gerald Newmark, PhD
and Deborah Newmark



The Children's Project Goal

- To raise awareness of the importance of emotional health.
- To provide strategies and tools for adults working with children.
- To satisfy children's emotional needs...and parents too.

Why Emotional Health is Important
It is a matter of survival!

- Education and children are our future
- We are losing the future
- Unsolved major crisis in education
- Solution – finding the root cause



Consequences of the Neglect of Emotional Health

- Depression
- Addiction
- Divorce Rate
- Bullying
- Obesity
- Teen Pregnancy
- Violence
- Suicides
- School Dropouts



"It's not about inches and pounds but about how the child feels about herself. The physical and emotional health of an entire generation and the economic health and security of our nation is at stake. . ."

— Michele Obama
Let's Move Obesity and Health Campaign



"...We pay a great deal of attention to our scholastic educations, which are formal and supervised, and we devote much less public thought to our emotional educations, which are unsupervised and haphazard. This is odd, since our emotional educations are much more important to our long-term happiness and the quality of our lives."

— David Brooks,
New York Times Columnist
Author, *The Social Animal*

Bad News - Good News

- The Children's Project
- Why we wrote the book
- Everyone can do something about the situation every day



Emotional Health Starts at Birth

The Parenting Process

Parents are the first teachers.

How prepared are parents?

Instruction manual?

Wouldn't it be wonderful if parents sent kids to school ready and eager to learn?



Parenting is...

Want Ad for Parent

Cook, dishwasher, house cleaner, coach, doctor, nurse, chauffeur, teacher, entertainer, therapist, laundress, repairman, maid

24 HOURS A DAY, NO PAY, NO VACATIONS



CHILD and PARENT

TEACHER and STAFF

Home to School Transition

The Five Critical Emotional Needs

To Feel . . .

1. Respected
2. Important
3. Accepted
4. Included
5. Secure



RESPECTED

RESPECT

Respect is demonstrated in words and actions. Interactions should be done courteously, thoughtfully, attentively, and in a civil manner.

Respected

Treat others as you want to be treated

Respectful

- Courteous
- Thoughtful
- Attentive
- Civil

Disrespectful

- Rudeness
- Sarcasm
- Belittling
- Impatience
- Interrupting
- Ignoring
- Gossip



IMPORTANT

Being treated in a way that makes me feel:

I have value.

I am somebody.

I am worthwhile.

Important
Treating others in a way that they feel they are valued and worthwhile.

Important	Unimportant
<ul style="list-style-type: none"> • Making choices • Making decisions • Solving problems 	<ul style="list-style-type: none"> • Over controlling • Not listening • Ignoring



ACCEPTED

ACCEPTED

All persons feel that they are being treated as unique individuals, that they have a right to their own feelings, opinions, ideas, concerns, wants and needs.

Accepted
Acknowledge my right to my feelings, opinions, wants and needs.

Accepted	Rejected
<ul style="list-style-type: none"> • Expression of opinions • Listen attentively • Remain patient • Give credit • Discuss sensitive topics privately 	<ul style="list-style-type: none"> • Avoid ridicule, ignoring or put downs • Overreacting to mistakes • Being overly critical • Making light of my feelings



INCLUDED

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Individuals need to feel they belong, to feel part of things, to feel connected to other people, to have a sense of community.

Included
I am made to feel I belong to my family, classroom or workplace.

Included	Excluded
<ul style="list-style-type: none">• Participating in activities• Participating in meetings• Having choices• Involving others in decisions• Opportunity to exchange feedback	<ul style="list-style-type: none">• Repressing or ignoring opinions of others• Not being invited to activities• Not being asked for opinion in decision making• Ignoring or isolating individuals



SECURE

SECURE

Secure means creating a positive environment where people care about one another and show it.

In this environment, wherever possible, people participate in activities, give open feedback and establish rules.

Secure

What are the expectations? How safe am I?

Secure

- Parents and teachers are positive roles
- A regular daily routine at home and school
- Traditions and rituals such as family game night
- Feedback about activities
- Happy, confident parents and teachers
- Consistent rules with a reason for each one

Insecure

- Bickering parents, disrespectful teachers
- Discord and chaos at home and school
- Lack of daily schedule
- Ignoring any form of evaluation
- Anxious and worried adults
- Absence of rules or expectations

Barriers

What gets in the way?

Time

Patience

Old Habits

Amateur Versus Professional

Amateurs wait and let things happen.

Professionals make things happen.

Four Characteristics of Being a Professional

1. Make conscious decisions
2. Have a game plan
3. Become a student of your own behavior
4. Have an experimental attitude

Student of Your Own Behavior

Journal or Reflection

5 questions

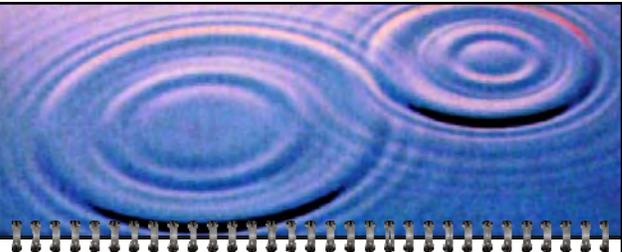
1. Which of my actions today were positive in regard to meeting the needs of my staff?
2. Which of my actions today were negative in regard to meeting the needs of my staff?



Student of Your Own Behavior

Journal or Reflection

3. What did I learn about myself: attitudes, behaviors, strengths and weaknesses?
4. If I were doing today or this week over again, what would I do differently?
5. Write down comments of staff or parents that should be remembered and shared. These comments give you ideas for an action plan.



Have an Experimental Attitude

We Offer You a Challenge!

Emotional Health for Everyone

EVERY DAY
Meet the Five
Emotional Needs

To Feel . . .

1. Respected
2. Important
3. Accepted
4. Included
5. Secure



Our Suggestions Schools

1. Set up a training plan.
2. Give the entire staff the book to read and discuss.
3. Weekly meeting – discuss one of the five critical needs.
4. Create scenarios for the staff to react to that apply to your workplace.

Examples in the Workplace

Ask your staff to give examples back each week of something that happened or was discussed the previous week pertaining to the five needs.

As a result, everyone will become students of their own behavior.

Regular Feedback Sessions

Suggest weekly feedback sessions involving teachers, administrators and entire staff.

How we are doing as individuals and as a team?

Three Steps to Emotional Success

1. Read and implement the basic concepts of this book.
2. Become a student of your own behavior.
3. Start support groups for parents and staff.

Sustainability

Participate in achieving transformation of education in America.

This project can have a lasting influence in every school and family.

Emotional health is a foundation to a productive, fulfilling life.

Partial List of Participating Organizations

Amity Foundation, <i>Tucson, AZ</i>	Morehouse School Of Medicine, <i>Atlanta, GA</i>
Northridge Hospital, <i>Northridge, CA</i>	New Opportunities, Inc., <i>Carroll, IA</i>
Los Angeles Unified School District, <i>Los Angeles, CA</i>	Harrison St. Real Estate, <i>Chicago, IL</i>
Merced County Department Of Education, Migrant Program, <i>Merced, CA</i>	Central MO. Community Action, <i>Columbia, MO</i>
Monterey County Prevent Child Abuse, <i>Salinas, CA</i>	Columbia Public Schools, <i>Columbia, MO</i>
First 5 San Bernardino, <i>San Bernardino, CA</i>	Agri-Business Child Development, <i>Albion, NY</i>
Superior Court of Santa Clara, <i>Santa Clara, CA</i>	Foundations Behavioral Health, <i>Celena, OH</i>
Department of Health WIC, <i>Riverside County, CA</i>	Neighbor Impact, <i>Redmond, OR</i>
Crème De La Crème, <i>Longmont, CO</i>	Bexar County Children's Court, <i>San Antonio, TX</i>
Thurgood Marshall Childcare Center, <i>Washington DC</i>	Therapeutic Foster Homes, <i>Kerns, UT</i>
Edward Mazique Parent Child Center, <i>Washington DC</i>	Fairfax Co. Head Start, <i>Fairfax, VA</i>
Latin American Montessori School, <i>Washington DC</i>	Children's Hospital, <i>Norfolk, VA</i>
University of Central Florida, <i>Orlando, FL</i>	Puget Sound Education Services, <i>Renton, WA</i>
	Educational Opportunities For Children and Families, <i>Vancouver, WA</i>

The Children's Project emotionallyhealthychildren.org

Mission Statement

By creating a positive atmosphere in which people interact with people in ways that make everyone feel respected, important, accepted, included and secure, we can become a powerful force for developing emotionally healthy and high-achieving children, families and schools – our own and those of others. And who knows, if enough of us get involved we might just change the world.

