Emotionally Healthy Children, Families, Early Childhood Programs and Communities

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The Children’s Project

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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

“...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

“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
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

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
• Making choices
• Making decisions
• Solving problems

Unimportant
• Over controlling
• Not listening
• Ignoring

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.

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

Included

- Participating in activities
- Participating in meetings
- Having choices
- Involving others in decisions
- Opportunity to exchange feedback

Excluded

- Repressing or ignoring opinions of others
- Not being invited to activities
- Not being asked for opinion in decision making
- Ignoring or isolating individuals

Included

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

Included

- Participating in activities
- Participating in meetings
- Having choices
- Involving others in decisions
- Opportunity to exchange feedback

Excluded

- Repressing or ignoring opinions of others
- Not being invited to activities
- Not being asked for opinion in decision making
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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.

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

5 questions
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
To Feel . . .
1. Respected
2. Important
3. Accepted
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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, Tucson, AZ
- Northside Hospital, Northside, CA
- Los Angeles Unified School District, Los Angeles, CA
- Merced County Department Of Education, Merced, CA
- Monterey County Prevent Child Abuse, Salinas, CA
- First 5 San Bernavrdos, San Bernardino, CA
- Superior Court of Santa Clara, Santa Clara, CA
- Department of Health WIC, Riverside County, CA
- Childs De La Cretella, Longmont, CO
- Thurston County Children’s Center, Washington DC
- Edward W. Mosquito Parent Child Center, Washington DC
- Latin American Montessori School, Washington DC
- University of Central Florida, Orlando, FL
- Morehouse School Of Medicine, Atlanta, GA
- New Opportunities, Inc., Carroll, IA
- Roosevelt St. Real Estate, Chicago, IL
- Central WI Community Action, Wisconsin, WI
- Columbia Public Schools, Columbia, MO
- Agri-Business Child Development, Allison, NV
- Foundations Behavioral Health, Coloma, OH
- Neighbor Impact, Redwood, OR
- Beaver County Children’s Court, Salt Lake City, UT
- Therapeutic Foster Homes, Reno, NV
- Fairfax Co. Head Start, Fairfax, VA
- Children’s Hospital, Norfolk, VA
- Puget Sound Education Services, Renton, WA
- Educational Opportunities For Children and Families, Vancouver, WA

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.
What a way to change the world!

The Children’s Project
emotionallyhealthychildren.org
free resources and handouts

Thank You

We invite you to join our national movement!
The Million Family Book Club
Our Goal: By 2013 to get one million books in the hands of parents and teachers.

Resources Available
Special Price for Books:
Case of 76 at $3.45 each book, English and/or Spanish
Cost: approximately $350/case (Retail price $1,000)
Free Parent Support Facilitator’s Guide with case of books
Order Books
Inquire about Speakers and Training Programs
info@emotionallyhealthychildren.org
Resources Available
Individual books, audio books available on amazon.com.
Kindle e-books: Next FREE promotion June 30 and July 1
Download free exercises to use with staff and parents: emotionallyhealthychildren.org
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