



Social, Emotional, and Mental Health

How to Support your Child through the School Years

What is Healthy Social-Emotional Development?

It includes the ability to:

- Form and sustain positive relationships
- Experience, manage, and express emotions
- Explore and engage with the environment

Children with well-developed social-emotional skills are also more able to:

- Express their ideas and feelings
- Display empathy towards others
- Manage their feelings of frustration and disappointment more easily
- Feel self-confident
- More easily make and develop friendships
- Succeed in school

~ Kristin Reinsberg, MS, LMFT

What is Mental Health?

Mental Health is an integral component of health through which an individual realizes his or her own cognitive, affective, and relational abilities.

Positive mental health helps support:

- Being more effective in coping with the stresses of life
- Working productively and fruitfully
- Making a positive contribution to one's community

~ World Health Organization

Healthy "Social- Emotional' development refers to components of mental health that address positive self-identity, emotional expression, and building positive relationships.

~ Health Resources in Action