

## Parenting Tips To Help Build Emotional Wellness In Children

- Love them. In homes where consistent efforts are made to show love, children are secure and have deeper trust in parents and themselves. Build their self-esteem. If children sense that they can't do anything right, that's what they will deliver. Those with high self-esteem perform wonders.
- Challenge them. Children who succeed are those who are encouraged to do their best. Listen to them. Non-judgmental listening and understanding may be the best gifts of love a parent can give.
- Set reasonable limits and enforce them consistently. Children want limits set. They see this as a caring parent attitude.
- Look at them. Eye contact with children is one of the most important ways to recognize them.
- Help them identify feelings. Learning to recognize and express feelings helps children know it is okay to be themselves.
- Develop love of learning. Help them establish consistency in their study and work habits. Show them models. You, your relatives and friends are important role models to guide children toward their future growth.
- Let them go. Trust builds self-reliant, independent and successful individuals.

## Resources

### Treatment and Information Community Mental Health Centers

#### MISSOURI

**Comprehensive Mental Health Services, Inc.**  
10901 Winner Road  
Independence, MO 64052  
816-254-3652  
[www.thecmhs.com](http://www.thecmhs.com)

#### ReDiscover

901 NE Independence  
Lee's Summit, MO 64086  
816-246-8000

#### TMC Behavioral Health

300 W. 19th Terrace  
Kansas City, MO 64108  
816-467-1400  
[www.trumed.org](http://www.trumed.org)

#### Swope Health Services

3801 Blue Parkway  
Kansas City, MO 64130  
816-923-5800  
[www.swopeparkway.org](http://www.swopeparkway.org)

#### Tri County Mental Health Services

3100 NE 83rd Street  
Kansas City, MO 64119  
816-468-0400

#### KANSAS

**Johnson County Mental Health Center**  
6000 Lamar, Suite 130  
Mission, KS 66202  
913-831-2550  
<http://mentalhealth.jocogov.org>

#### Wyandot Centers

3615 Eaton Street  
Kansas City, KS 66103  
913-831-9500  
[www.kumc.edu/wmhc](http://www.kumc.edu/wmhc)

#### Mental Health America of the Heartland

739 Minnesota Ave.  
Kansas City, KS 66101  
913-281-2221  
HelpLine 913-281-1234

# The Emotional Wellness of Your Child



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## Did you know?

At least 7.5 million or 12 percent of all children under age 18 in the United States suffers from a diagnosable mental disorder, according to the National Mental Health Association. Childhood mental disorders generally fall into three categories:

- Emotional disturbances such as depression and severe anxiety
- Behavioral problems shown by disruptive, anti-social acts or drug abuse
- Developmental disorders that interfere with a child's ability to think, communicate and otherwise function effectively in society

Each year there are over 10,000 children in the metro area who do not get needed mental health treatment. A variety of treatment approaches have been very successful in helping children with mental disorders, but early intervention is key.

## Warning Signs

If your child is demonstrating any of the following emotions and/or behaviors in extreme degrees or at inappropriate ages, it may be a warning sign. Please consult with a pediatrician or mental health professional listed on this flier.

## Eating Problems

- Ongoing refusal to eat
- Rapid weight loss or gain
- Repeated spitting up
- Ingesting non-food items

## Sleeping Problems

- Ongoing refusal to sleep
- Constant waking
- Frequent night terrors
- Excessive sleeping of your child

## Emotional Problems

- Frequent, violent tantrums
- Apathy/low motivation
- Crying spells without reason
- Persistent anxiety/whining

## School Problems

- Changes in school performance (poor grades)
- Conflicts with peers or authority figures
- Decline of interest in activities

## Behavioral Problems

- Extreme social isolation
- Cruelty to pets
- Difficulty completing tasks
- Excessive stealing or lying
- Fire setting
- Physical aggression
- Self mutilation
- Repetitive movements (head banging, spinning, rocking, pulling hair)

## Be Aware

Parents are usually the first to recognize that their child has an emotional or behavioral problem, so it is essential to be familiar with the warning signs outlined in this flier.

Family members, teachers and friends also may be instrumental in noticing the warning signs. While emotional or behavioral problems are often "phases" that a child will outgrow, there are times when mental health services may be extremely beneficial.

If you are in doubt about the emotional wellness of your child, please talk to a pediatrician or mental health professional. The Community Mental Health Centers listed on the front of this flier provide a network of treatment, referrals and support. For more information, visit our website at [www.mentalhealthkc.org](http://www.mentalhealthkc.org).