



BEHAVIOR/ HEALTH/ PERSONALITY

The connections between a child's personality, behavior, and health.

These are all related and many times misunderstood. Knowing about these and having the ability to approach them appropriately will help your child's development in every aspect of their lives, and positively impact your relationship.



It makes a huge impact on what adults see and what adults work at understanding.

Children are humans too, lived less life--yes. But not less important.

They are still learning about the big emotions, thoughts, and interactions they have.

All actions are forms of communication. Even in adults. Adults don't have it together all the time either, so why should we expect children to?

Let's help them learn to get better at controlling their bodies, so they can become better adults in the future.



The overall health of a child makes a large impact on their behavior.

Ensuring your child has proper nutrition, vitamins, and physical activity is absolutely crucial to their overall development and ability to think and self-regulate.

Emotional development is the emergence of a child's experience, expression, understanding, and regulation of emotions from birth through late adolescence. The experiences that your child has affects the development that they will have.

Emotional development does not occur in isolation. Children's neural, cognitive, and behavioral development interact with emotional development and is impacted by their social, cultural, and contextual influences. Giving your child a healthy emotional environment will help them learn in more than one way.

At the age that your child is now, they are experiencing all different kinds of feelings and emotions, sometimes they do not know where to place the feeling or even what it means.

Make sure to label emotions as "angry" or "happy" or "sad", and many others. Children need to be able to identify how they are feeling in order to self-regulate. We make the time to share with them what this means and support children's understanding of emotions.

Providing safe areas where a child can calm themselves; and allowing them to express their feeling, thoughts, and words will help them learn to understand and feel comfortable with what they are feeling and how to help their reactions to their feelings.

Some reactions may not be learned but be just natural to a child this is called a temperament. Temperament is the inherited style of behavioral responses that a child demonstrates. Though it can be modulated by environment and experiences, the basic traits of each child fall into one category or another and do not change.

As the people that care for these little ones, we need to know how to respond and care for the needs of the child throughout these behaviors.

Taking the time to understand your child's emotions and temperament will help better guide them to knowing their own bodies, and capabilities, giving them better self-control.

Building these skills your child will find their confidence, trust in themselves, and be a stronger communicator in the future.

Recommended Literature:

Listening to my body.
By: Gabi Garcia



A spot of feelings.
By: Diane Alber