



Erasmus + VET Strategic Partnership

**IENE 8 - Empowering migrant and refugee families with parenting skills**

**Bite-sized Learning Tool no. 3.1**

**EMOTIONAL WELLBEIN (0-24 MONTHS)**

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*This project has been funded with support from the European Commission.  
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## EMOTIONAL WELLBEING

This bite-sized learning unit will focus on babies' Emotional Wellbeing. Mostly, it depends on their own parents. The issue is quite critical when we talk about people who live under exceptional conditions, like refugees and migrants.

## LEARNING OBJECTIVES

1. To define notion of Emotional Wellbeing with the specific regard to younger children.
2. To point out the importance to make wellbeing environment, above all when it is characterized by exceptional life conditions, as refugees and migrants can live.
3. To provide a set of useful tips to maintain and improve the children's Emotional Wellbeing.

## WHAT IS EMOTIONAL WELLBEING

Emotional wellbeing does not mean an absence of emotion or stress, actually it relates to the individual capacity to understand and regulate his/her emotions in a healthy and adaptive way.

Childhood should be protected from harm where possible and thrive in a happy and nurturing home environment. Unfortunately, many life conditions are not good at nurturing children's emotional wellbeing, therefore parents need to promote the emotional resilience of our children. Emotional resilience relates to people's ability "to use their strengths to learn from negative life experiences, and come out the other side more aware of their abilities to recognise, avoid or at least minimise the worst effects of negative life experiences on their ability to enjoy and make the most out of the positive ones" (John Burnham, Keynote Speaker, Children's Emotional Wellbeing launch, WHSCT, Oct 2012).

Kids who have a positive perspective about the ups and downs of daily life are better at stretching themselves cognitively, creatively, productively, and socially. Those who are able to manage their emotions are stronger for it. In this, parental self-care is essential for children's emotional wellbeing.

Children's feelings have an impact on their daily functioning, including their behavior, productivity, and creative expression



As data from research show, regardless of age, personal growth is about competencies and opportunities. Because there is a harmonious interplay between how kids feel and what they do, their emotional needs should not be overlooked when thinking about how to support their intellectual development, skill-building efforts, creativity, or overall wellbeing.

## KEY POINTS

What said is particularly true and important for migrants' and refugees' children. In fact, they need more and more emotional wellbeing to cope with exceptional and hard life conditions.

Transnational family studies on children who are "left behind" indicate that children suffer psychologically from parental migration (Mazzucato et al. 2015).



A study conducted to investigate the association between transnational families and children's psychological well-being shows that children in transnational families fare worse than their counterparts living with both parents. Furthermore, it shows that broader characteristics in the population rather than parental migration per se are associated with decreased levels of wellbeing (Ibidem).

## ACTIVITY

Following, we suggest some relevant and practical tips for parents just to improve their children's emotional wellbeing.

1. Be aware. Pay attention to children's reactions and behaviours.
2. Identify causes. Help kids recognize the causes that underlie the feelings they're experiencing.
3. Communicate. Talking about emotions with others can be an effective way to deal with them.
4. Value self-reflection. Model and reiterate the benefits of thinking things through.
5. Consider self-esteem. Children often face uncertainties, have to cope with competitive environments or situations, or meet difficult expectations.

Try to find other useful tips.

## REFLECTION ON ONE ISSUE FROM THIS BITESIZED TOOL

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## SELF ASSESSMENT

Emotional wellbeing is not so important for kids, just because their young age	True	False
Research data shows a link between transnational families and children's psychological wellbeing	True	False
Valuing the child's self-esteem is a useful tip to enhance his/her emotional wellbeing	True	False

## REFERENCES

- V., Mazzucato, et all. (2015). International parental migration and the psychological well-being of children in Ghana, Nigeria, and Angola, *Social Science & Medicine*, Volume 132, May 2015, Pages 215-224
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