



WORLD MENTAL HEALTH DAY
HOW ARE YOU FEELING TODAY?





THE REASON CHILDREN NEED TO BE ABLE TO TALK ABOUT THEIR PROBLEMS WITH TRUSTED ADULTS.

- 1. They learn to understand, recognise and process their own emotions which, through co-regulation with the parent (who provides the child with ways to soothe the feelings whether it's through a hug or allowing them to shed some tears) teaches them how to self-regulate.**
- 2. It, therefore, builds empathy to understand what others go through.**
- 3. It validates the children and their emotions, making them feel important and heard.**
- 4. It builds flexible thinking and problem-solving skills to develop how to view their personal difficulties.**

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