

Supporting Children's Mental and Emotional Health for Better World

Mr. Kuppachi Venkata Pranava Karthik

Student, SSVM World School

Vishnu .U

Student, SSVM World School

Dr. Caroline Rebecca

Counsellor, SSVM World School

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Abstract

In today's fast paced world, children face many challenges that put their mental and emotional health at risk, including abuse, carelessness and financial difficulties which will also affect them later in life. We present this paper because we believe that ensuring the mental and emotional well-being of children is essential to safeguard their overall health and future potential. This paper reviews how we can support children's mental and emotional health by overcoming barriers such as social judgements, insufficient resources and weak support from society. This paper also focusses on addressing the unique mental and emotional health needs of children by combining mental health support along with child protection activities. It will also discuss the innovative solutions, including community-based mental health programs, the use of technology for early detection and the importance of promoting strong family and caregiver support systems. A key part of the discussion is importance of partnerships among governments, NGO's, mental health professionals and schools working together to build a stronger support system. By highlighting collaborative and sustainable approaches, this presentation aims to inspire new strategies that prioritize children's mental and emotional well-being, ensuring a safer and healthier future for all.

Introduction

This study aims to explore key challenges faced by children face in young age and how these affect their future and how we can support them. Mental health of a child is an important aspect which determines their future and helping them at an early age can help them utilize their potential to the fullest. It also has a lasting effect on child's mental and psychological development. By identifying the root cause and providing them with effective solutions whether individual or community-based solutions, we can contribute to building a healthier society.

Common Causes of Childhood Trauma

Some of the most common causes for childhood trauma are:

1. **Abuse:** Whether physical or emotional abuse can leave a scar on a child leading to issues such as insecurities, fear, anxiety and depression later in life.

2. **Lack of Attention:** Children who are not given proper attention in their early years feel unloved.
3. **Death of a Loved One:** Death of a loved one at a young age can cause depression or anxiety later in life.
4. **Troubled Home Life:** Growing up in an environment with frequent conflicts and drama can lead to mental health disorders when they grow up.

Signs a Child Might be Struggling

1. **Changes in Daily Behavior** - If a child suddenly acts different, like gets irritated easily or avoid things they used to enjoy, it might mean they are having a tough time.
2. **Difficulty in School:** Problems with concentration during classes, failing grades, or not going to school frequently can also be signs of emotional problems.
3. **Overwhelming Emotions:** Overreacting to small things and being short tempered might show child is struggling.
4. **Isolation:** If a child is being alone most of the time away from friends and family is also a sign that the child is going through something.
5. **Self-Esteem Issues:** A lots of negative thoughts about themselves and decrease in self confidence can indicate the child is facing emotional problems.

How to Identify if Someone is Affected by Childhood-Trauma

The first way to solve a problem is to identify the problem. Identifying this can be tough since people may not always have words to express their feelings. However, certain behavioral patterns can indicate if someone is experiencing past trauma.

1. **People-Pleasing:** People who did not receive enough love from their parents in early years often become people pleasers, they constantly seek approval from others to avoid conflict.
2. **Difficulty in Setting Boundaries:** The people who find it difficult to set boundaries or say no may fear rejection from others.
3. **Overthinking:** Many people overthink situations always doubting their worth and feel they are not good enough and struggle with low self-esteem.
4. **Avoid Compliments:** People who didn't receive much compliments or positivity during early years might feel awkward or doubtful if they receive compliments. They might think they don't deserve the compliments and think people have hidden reasons for being nice even if it's not true.
5. **Hesitant to Stand up for Themselves:** People who have been mistreated may have trouble standing up for themselves when someone is disrespectful, as they might believe they don't deserve better treatment.
6. **Perfectionism:** Many people with childhood trauma become perfectionists. They believe that things must be done perfectly or not done at all. This mentality comes from past experiences of feeling inadequate.
7. **Attention to Drama:** People raised in chaotic environments may be attracted towards drama as it feels familiar.
8. **Fear of Happiness:** Some people run away from happiness believing if everything is going the right way, something must inevitably go wrong. This pessimism is a coping mechanism from their early experiences.
9. **Trust Issues:** Many people find it hard to trust others. They either become completely disconnected from everyone or strongly attached to one single person. This often comes from being hurt by trusted people at a young age.

Individual Solutions

1. **Self-Awareness and Reflection:** The first step is to heal is to understanding yourself. Journalling, Meditation or venting your feelings with a friend can help understanding yourself much better.
2. **Seek Professional Help:** Therapy or coaching with professionals is better to address deep rooted trauma. Therapists can help people understand their trauma and help them develop positive and healthier coping mechanisms.
3. **Practice Self-Care and Self-Love:** Developing a self-care routine something as simple as a skin care routine, proper sleep and staying hydrated. It can also include activities like exercises and gratitude journalling. Learning to love and care for yourself is very important to overcome childhood trauma.
4. **Incorporate Exercise:** Regular exercise can significantly benefit mental health. It helps reduce stress, improve mood, and boost overall physical health. Exercise releases endorphins, which are natural mood lifters, and can improve sleep patterns and energy levels.

Supporting Children's Mental Health and Emotional Needs

1. **Overcoming Social Judgements:** Social judgment regarding mental health can discourage parents from seeking help for their children. Promoting open conversations about mental health and an environment where seeking emotional support should be normalized. Public education campaigns and community-based support groups can help shift perceptions and reduce judgements.
2. **Addressing Insufficient Resources:** Many communities lack adequate resources for mental health support, such as trained professionals, counselling services, and educational programs. Increasing funding for mental health services, providing training for educators and healthcare providers, and expanding access to affordable therapy options can close these gaps.
3. **Fostering School-based Support Systems:** Schools play a critical role in children's mental health. Implementing mental health programs within schools and creating safe spaces for students to discuss their problems can improve children's well-being.
4. **Promoting Early Identification and Prevention:** Early identification of mental health issues and timely intervention can prevent more severe problems later on. Developing programs that focus on early detection and prevention can help address issues before they get worse.
5. **Use of Technology for Early Detection:** Technology can play a significant role in identifying and addressing mental health issues early. Tools such as mobile apps and online platforms for mental health screening, online therapy sessions, and digital mental health resources can help in early detection and intervention. AI chatbots that provide mental health support and educational apps for children can also help in monitoring and managing emotional well-being.
6. **Strengthening Family Support Systems:** Building strong support systems for families and care givers is important for addressing children's mental health needs. This involves giving them proper training to help them understand and manage mental health problems. Support groups, family workshops can help people know more about how to help their children.

Building Strong Partnerships for Better Support

To help children's mental and emotional health, it's important for different groups to work together. Each group plays a special role in providing the best support for kids.

1. **Government Support:** Government can make rules and provide money for mental health needs of kids. They can ensure that mental health programs are available in schools and communities, helping to create a strong support system for everyone.

2. **NGO:** Non-Governmental Organizations (NGOs) work directly in communities to offer mental health services and support. They need to run programs more often to raise awareness about mental health and reaching out to families for help.
3. **Mental Health Professionals:** Psychologists and counsellors should provide the care and treatment needed for mental health issues. They should also train teachers and parents to further support children's mental health.
4. **Schools:** Schools can spot early signs of mental health issues and provide support through counselling and special programs. They need to help families with mental health resources and make sure students get the help they need.
5. **Community Involvement:** Local community groups and leaders can promote mental health awareness and provide additional support through events and activities. By working with families and community members, they help create a caring environment for children.

Conclusion

Supporting children's mental health is important for their well-being and future success. By recognizing the signs of trauma and addressing common causes, we can help children overcome challenges and build a better future. Effective solutions, including self-care, professional support, and strong family systems, play a key role in this process. It's also important to improve how we support children through better school programs, community involvement, and the use of technology. When governments, NGOs, mental health professionals, and schools work together, they create a stronger support system for children. By taking these steps, we can help children grow up healthier and more resilient, leading to a brighter future for them and for society as a whole.