



# How to Raise Emotionally Healthy Children



## Lesson 5

# What is a Mentally Healthy Person?

- Has a strong sense of values that are inner directed, rather than outer directed
- Is neither defiant nor submissive, but independent
- Experiences their emotions but makes rational decisions when it comes to their actions
- Has a strong sense of themselves
- Can deal with feelings
- Is non-defensive



**Robert Firestone, Ph.D.**

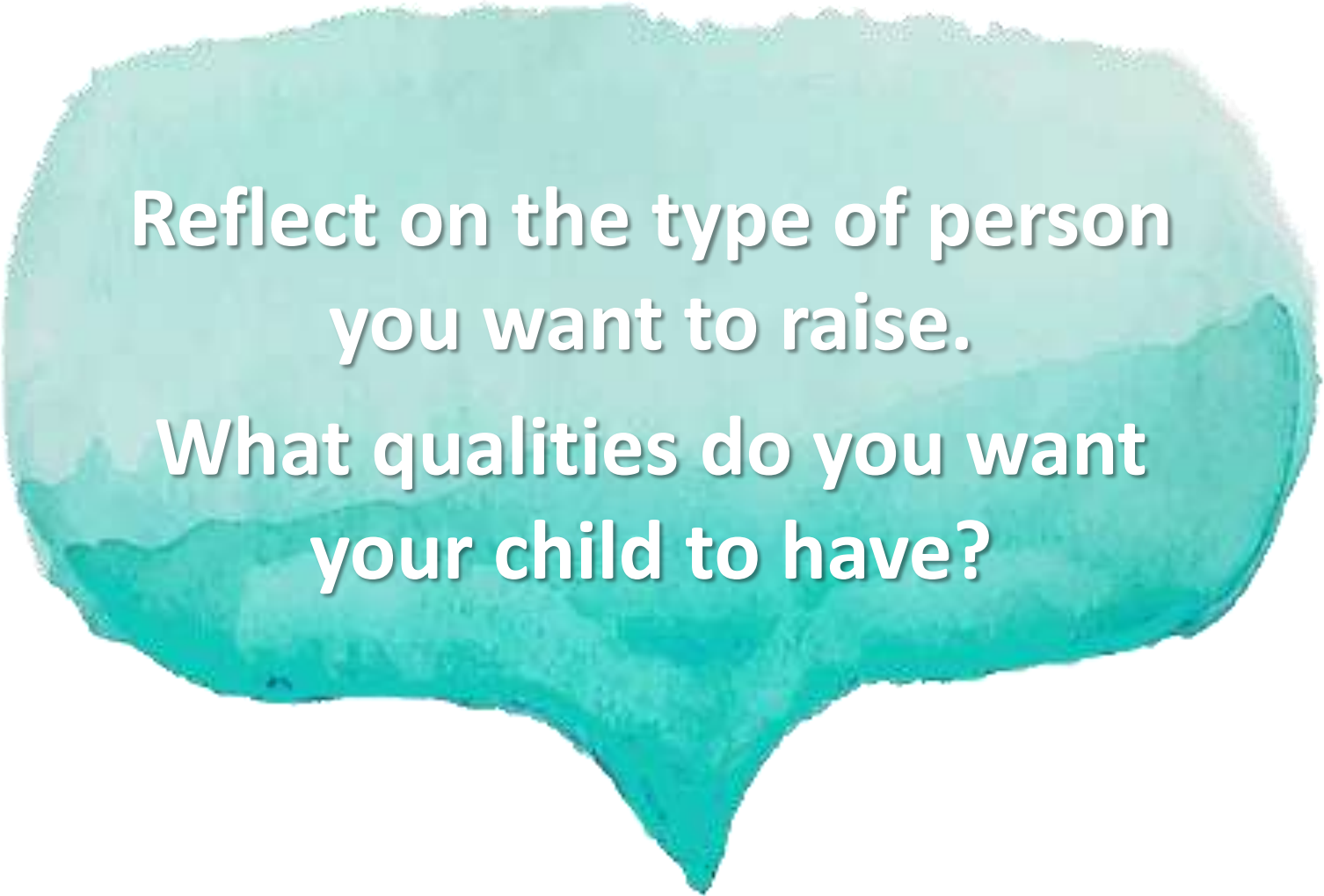
# What is a Mentally Healthy Person?

- The capacity to be compassionate
- The capacity to deal with abstract reasoning
- The capacity to be creative
- The capacity to express their uniqueness



**Robert Firestone, Ph.D.**

# Intention:



Reflect on the type of person  
you want to raise.

What qualities do you want  
your child to have?

# The Culture of the Family

From *Parenting from the Inside Out*

Create a culture of compassion within the family by placing value on:

- Reflective dialogues
- Sharing of emotions/ mindsight
- Compassionate interactions
- Appreciation of differences
- Mutual respect
- Empathic understanding



# Talking About Feelings

- Emotional Intelligence
- Mentalization and Mindsight



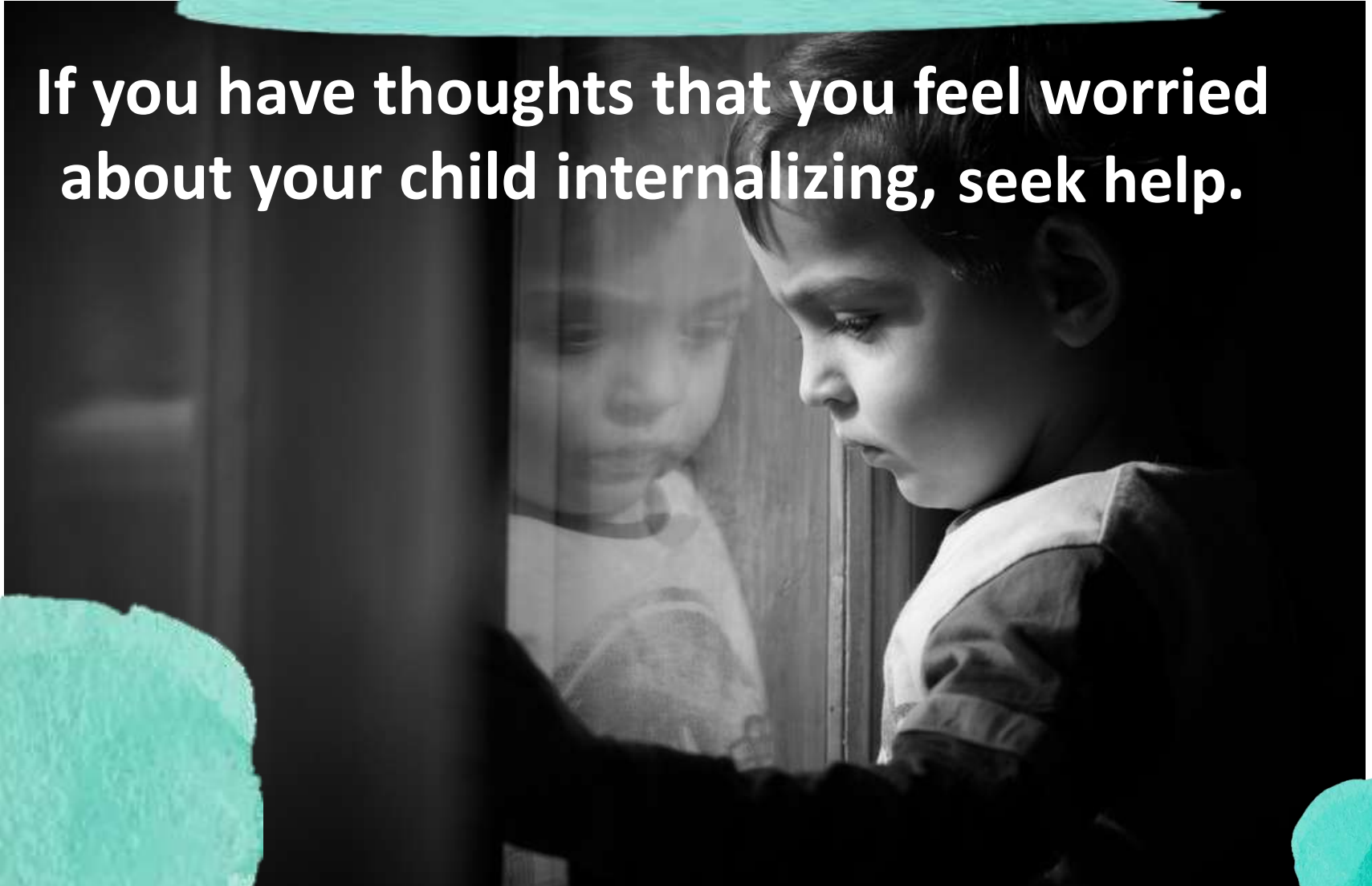
# Talking About Feelings

*Emotional relating requires a mindful awareness of our own internal state as well as being open to understanding and respecting our child's state of mind.*

*- Parenting from the Inside Out*

# Talking About Feelings

**If you have thoughts that you feel worried about your child internalizing, seek help.**





# “Name it to tame it”



# Coherent Narrative

**Encourage your child to:**

- ✓ **Talk about traumatic events or loss**
- ✓ **Ask questions**

**Talking to your child helps develop:**

- ✓ **Emotional vocabulary**
- ✓ **Shared understanding**
- ✓ **Resolved versus unresolved trauma**

# Practices of Integrative Communication

*From Parenting from the Inside Out*

- Awareness
- Attunement
- Empathy
- Expression
- Joining
- Clarification
- Sovereignty



***The understanding of each  
family member's inner world  
is given meaning and voice.***

***- Parenting from the Inside Out***

# Raising Self-Disclosing Children

*You can increase the likelihood you'll have a self-disclosing adolescent by establishing in childhood the message, 'There's nothing you could do, there's nothing you could feel, there's nothing that could happen to you, that if you told me about it, I would stop loving you.'*

**- James Garbarino, Ph.D.**



# Raising Self-Disclosing Children

A photograph of a family of four outdoors. A man and a woman are looking down at a young girl who is holding a small object. Another young girl is standing next to her. They are in a grassy area with trees in the background.

**Practice letting your kids talk  
without shutting them down or  
trying to change their reality.**

# Hierarchy of Power

- **Treat your children with respect, while creating an environment in which you have power.**
- **Be coherent and consistent.**



# Socialization and Gender Stereotypes

**“Girls are  
so sensitive.”**

**“Boys don’t cry.”**





# Attunement

The best parents are only attuned to their child **30%** of the time.



**Edward Tronick, Ph.D.**

# Attunement

- **Availability/ Being there**
- **Presence**
- **Quality of time versus quantity**
- **Empathy**

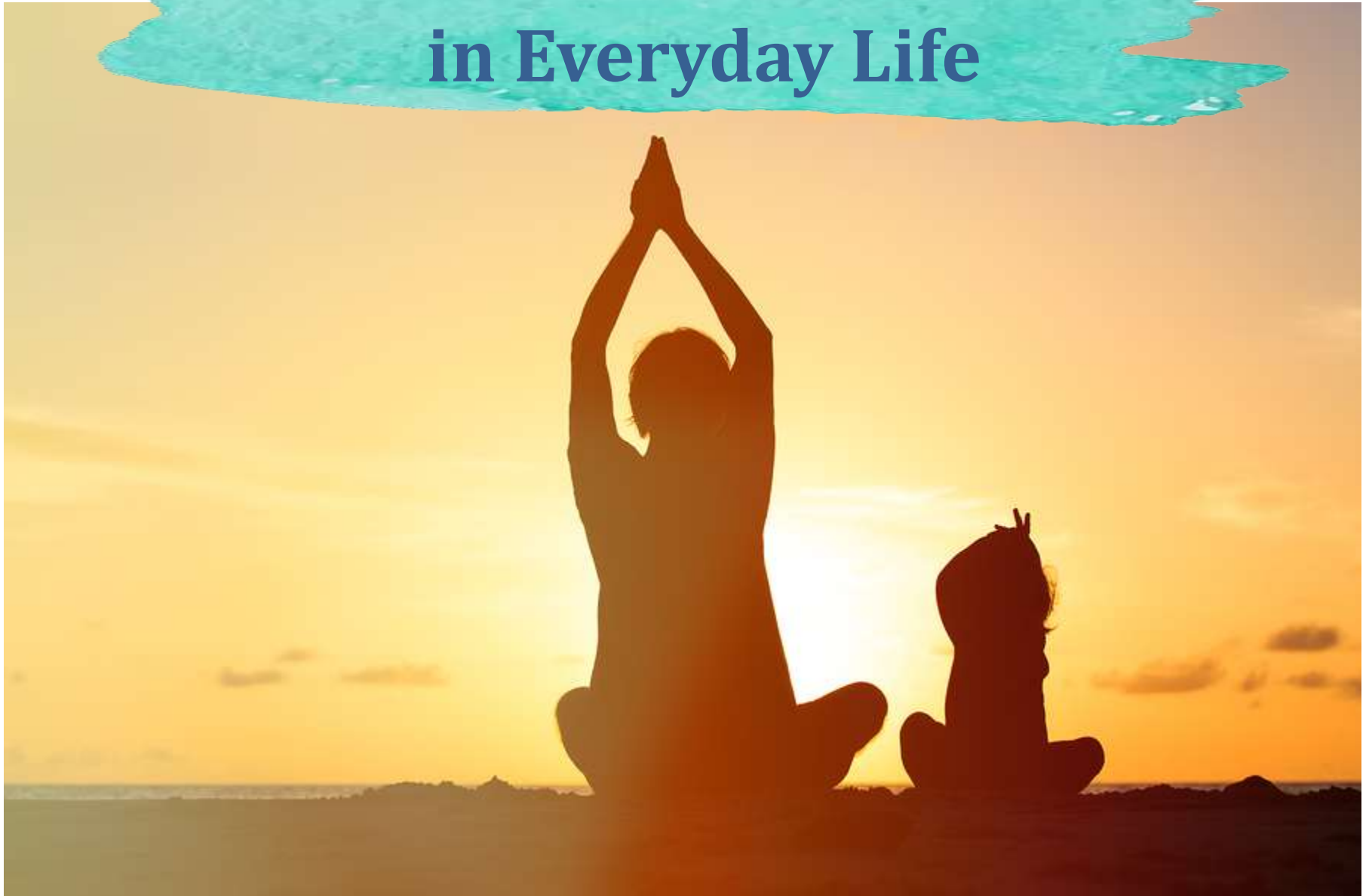


# Hardiness

## The Three C's:

- **Challenge**
- **Commitment**
- **Control**

# Mindfulness Meditation in Everyday Life



# Building Resilience

- **Praise effort rather than outcome.**
- **Avoid overpraising.**
- **Don't do too much for your child.**




# Lead by Example

**Be someone your kids can love and respect.**





# Focus on Yourself

A photograph of a young couple lying in bed, smiling at each other. The woman is on the left, wearing a pink top, and the man is on the right, wearing a grey shirt. They are both looking towards each other with joyful expressions. The background is a soft, out-of-focus white, suggesting a clean, bright bedroom environment.

**Look after your own mental health  
and the health of your relationships.**



# What Works and What Doesn't

## Do:

- Make direct statements.
- Encourage them to do as much as they can.
- Give them responsibility.
- Acknowledge their effort.
- Allow them to find what they enjoy and are good at and support that.

## Don't:

- Ask a lot of questions.
- Do everything for them.
- Treat them as incapable.
- Offer false praise.
- Pressure them to excel in a specific area.