

RAISING RILEY NEWSLETTER

newsletter - November, December,

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SAVE THE DATE

Provider Support Group:
January 26th 2023, 6:00pm to 7:00pm

CLASS Observation Training: February
16th 2023, 6:00pm to 8:00pm

Brain Development Training:
April 22nd 2023, 9:00am to 12:00am

RAISING EMOTIONALLY HEALTHY CHILDREN

Meeting the emotional needs of children is one of the most important gifts we can give them. When children see healthy behaviors modeled by adults, they tend to interact with others in similar ways, and this provides a foundation for success in school, work, relationships, and life in general.

The book, *How to Raise Emotionally Healthy Children* outlines five critical needs for building emotional health. When these needs are met, children are more likely to be self confident, independent, responsible, and caring individuals. It's a win-win!

They Need to Feel Respected

This is a foundation for emotional health. Children must be treated in a courteous, thoughtful, and attentive manner as individuals—they deserve the same treatment as anyone else. Imagine how your conversations would be reviewed by outsiders if they were to enter your classroom. Do courtesy and respect highlight most of your conversations?

They Need to Feel Important

Feeling valued and useful is a component of feeling important. Let children make choices and problem solve things they can. Ask their opinions, give them status and recognition, and have patience with mistakes. If children do not feel valued, they might seek a sense of value in negative ways to get attention or to feel like they are "seen."

They Need to Feel Accepted

Even though they are young, children have their own opinions, ideas, concerns, and needs. Paying attention to and

discussing these feelings, even though they may be different from yours strengthens, your relationship. Accept children as unique individuals.

They Need to Feel Included

It's important that children be involved in group activities. It connects them with others in a way that lets them have fun, learn, and contribute. Learning how to work with others and building communication skills are important by-products of participating in group activities.

They Need to Feel Secure

Security comes from creating a positive environment where people care for each other and show it; where people express themselves and others listen; where differences are accepted and conflicts are resolved constructively; where enough structure exists for children to feel safe and protected; and where children have opportunities to actively participate in their own development.

As children grow they develop opinions about themselves, largely through the words and actions of other people.

Caregivers play such an important role in shaping the self-image children carry with them through life.

