

UNDERSTANDING the IMPORTANCE of EARLY EMOTIONAL DEVELOPMENT

JUDY SAURAGE, LPC
Spring Training Institute

EARLY EMOTIONAL DEVELOPMENT: KEY to MENTAL HEALTH

CHILD:	Concepts of Self and Other Experience, regulate and negotiate the full range of emotions As empowering as learning to walk or talk Develop and enjoy relationships throughout life
PROFESSIONAL:	Foundational knowledge of typical emotional development Ability to distinguish clinically significant vs. transient concerns Assessment of adaptive functioning across life span

DEVELOPMENTAL CONTINUUM

AGE RANGE: Birth through Five Years Old

INDICATORS:

Attachment/Trust/Security

Self/Awareness/Regulation-Control

Autonomy/Initiative

INFLUENCES

SUPPORTIVE ADULT PRACTICES for the CHILD'S BEST OUTCOMES

MODEL + COACH + REACT

ASSESSMENT of EMOTIONAL WELL-BEING

SCREENING vs. CLINICAL INSTRUMENTS

MISSOURI'S RESOURCES for YOUNG CHILDREN

RECOMMENDED RESOURCES

BOOKS

Emotional Muscle: Strong Parents, Strong Children by Kerry Kelly Novick & Jack Novick, PhD

Handbook of Preschool Mental Health: Development, Disorders, and Treatment
edited by Joan L. Luby, M.D.

Touchpoints: Your Child's Emotional and Behavioral Development by T. Berry Brazelton, M.D.

Building Healthy Minds: The Six Experiences that Create Intelligence and Emotional Growth in Babies and Young Children by Stanley Greenspan, M.D.

The Irreducible Needs of Children: What Every Child Must Have to Grow, Learn and Flourish
by T. Berry Brazelton, M.D. and Stanley Greenspan, M.D.

Born for Love by Maia Szalavitz and Bruce D. Perry, M.D., PhD

WEBSITES

The Center on the Social and Emotional Foundations for Early Learning
www.vanderbilt.edu/csefel

Zero to Three www.zerotothree.org

American Academy of Pediatrics www.healthychildren.org/English/ages-stages

Bright Futures in Practice: Mental Health Volume II. Tool Kit
www.brightfutures.org

Child Trauma Academy---Bruce Perry, M.D., PhD. www.ChildTrauma.org

