



مؤسسة دبي
لرعاية النساء والاطفال
DUBAI FOUNDATION FOR WOMEN & CHILDREN



✦
**A CHILD'S
EMOTIONAL
SECURITY** ✦

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Child's Emotional Security |

A state of emotional stability, and fulfilment of a child's various needs which impacts a child's belonging and adaptability with the surrounding environment.



Child's Emotional Security |

Surrounding the child with a healthy and safe environment in which they feel worthy of love, plays a vital role in the child's emotional and social well-being. It is one of the most important aspects in a child's life.



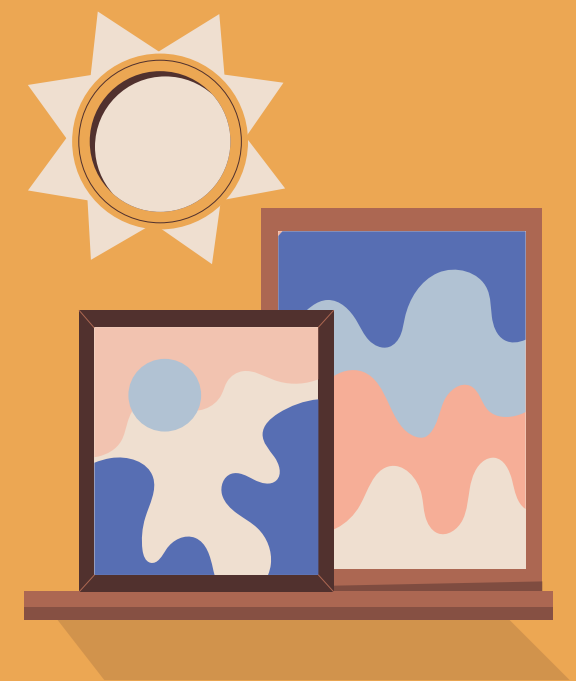
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**IMPACT OF
A HEALTHY
PARENT-CHILD
RELATIONSHIP** ✦

Young children who grow with a secure and healthy attachment to their parents have a better chance of developing fulfilled and positive relationships with others, allowing them to also learn problem-solving skills and regulating their emotions under stress.





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**Healthy parent involvement
in the child's day-to-day life
lays the foundation for better
social and academic skills, in
addition to the healthy and
social well-being of children.**



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Emotional security allows children to gain self-esteem, if they feel fear or insecurity, it gives them the certainty that they can always count on the support of their loving parent.



A child's attachment to his or her parents and emotional security have a direct impact on cognitive performance.



Children who have grown up with a healthy parent relationship tend to have better mental health and less likely to have mental health disorders and problems.



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STEPS TO RAISING EMOTIONALLY SECURE CHILDREN ✦

Show love:

- **Express your love to your child through loving statements, hugs and cuddles.**
- **Make eye contact and smile when interacting with them.**
- **Show them that even at their worst, they are loved unconditionally.**



Show love:

- Provide your child with unconditional love, support, acceptance, and appropriate guidance.
- Be playful and spend quality time with them.



Respond :

- Responding to a child from infancy and soothing them when they cry teaches them that they are cared for and their needs are important.
- Catch your child in the act of doing something right/good.



Respond :

- **Responding to your older child is essential, even if you can let them know you're busy at the moment and will respond when you're done with the task at hand.**



Listen :

- ***Talk less and listen more:***
They want to be listened with respect.
Always be a “safe” and available person
for your child to talk to.
- **Encourage your child to share details
of their day and their thoughts.**



Explain :

**When correcting certain behaviors,
always calmly explain why instead
of just saying no.**



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STEPS TO RAISING EMOTIONALLY SECURE CHILDREN ✦

Empathise :

- **When your child is sad or angry, always help them label their feelings and acknowledge their emotions.**
- **Use positive reinforcement such as compliments and recognition, pats on the back, smiles, handshakes, high-fives and giving them positive notes directly.**



Restrict :

- **Be firm with the boundaries you set, even if sometimes it leads to temper tantrums, your child will be a better-adjusted adult.**
- **Develop some rituals (dinner times, weekly family activity times, visit a relative or a friend ...) that will provide structure and promote bonding.**



Negotiate :

Negotiating with your child and having discussions allows them to have a voice, even if you decide on the final say.



Communicate :

- **Share funny stories from your childhood or details of your day with your child, insert morals of stories into the conversation discretely without preaching.**
- **It is important to apologize to your child if you made a mistake or lose control over your temper, this will help them acknowledge their feelings are respected.**



Communicate :

- **Give individual attention and have one-on-one chats with each child to strengthen individual relationships “Quality time”.**
- **Have positive non-verbal communication: pay attention to the feelings that your children express non-verbally.**





Qualities of an emotionally secure child:



✦ ***Independent***

✦ ***Empathetic***

✦ ***Confident***

✦ ***Courageous and brave***

✦ ***Dreamer***

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**A child that is treated with respect
won't have to spend their adulthood
learning they're worthy of it.**



- A.Simeone



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IF CHILDREN FEEL SAFE, THEY CAN TAKE RISKS, ASK QUESTIONS, MAKE MISTAKES, LEARN TO TRUST, SHARE THEIR FEELINGS, AND GROW.

— ALFIE KOHN



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***THE WAY YOU TREAT
A CHILD, FROM THE
TIME THAT A CHILD
IS BORN, IS WHAT
SETS THEM UP TO
EITHER SUCCEED
OR STRUGGLE.***

- OPRAH WINFREY

