SUPPORT YOUR CHILD’S SOCIAL AND EMOTIONAL DEVELOPMENT

Your child’s social and emotional development (mental health) — how he or she manages emotions and relates to others — is as important as physical health. Social and emotional development is not as obvious as physical health, but it’s vital for future success — in school and in life.

WHY IT MATTERS

Your child’s social and emotional development affects every part of his or her life. Children who develop good social and emotional skills:

- Make and keep friends
- Understand and express emotions
- Are ready for school
- Think clearly and learn new things

YOU CAN MAKE A DIFFERENCE

Your love and attention are as important as food and a place to live. When you play with your child and praise good behavior, you’re supporting your child’s social and emotional development — and building a foundation for a lifetime of success.

INSIDE YOU’LL LEARN ABOUT:

- Social and emotional milestones for your child
- How to support your child’s social and emotional development
- When to be concerned
- Where to go for help

WHEN TO BE CONCERNED

- Changes in behavior or mood— restlessness, nervousness, paranoia, irritability, defensiveness, or lack of interest in appearance or activities.
- Changes in friends— switching friends and being reluctant to introduce you to new friends.
- Problems at school or at home— poor attendance, drop in grades, or rebelling against rules.
- Changes in sleep or appetite.

HOW TO GET HELP

If you have concerns, talk to your doctor. Your pediatrician or family doctor can provide health information, developmental and medical health screenings and referrals.

OMH CUSTOMER RELATIONS:
800-597-8481

CONTACT YOUR LOCAL OMH FIELD OFFICE:

- Central New York Field Office (315) 426-3930
- Hudson River Field Office (845) 454-8229
- Long Island Field Office (631) 761-2886
- NYC Field Office (212) 330-1650
- Western New York Field Office (716) 533-4075

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Promoting Your Child’s Social and Emotional Development

A GUIDE FOR PARENTS OF TEN TO TWELVE YEAR-OLDS

BUILDING HEALTHY FOUNDATIONS FOR A LIFETIME OF SUCCESS
### 10 TO 12 YEAR-OLDS

#### EMOTIONAL AND SOCIAL
- Start to form stronger, more complex friendships and peer relationships—it is more emotionally important to have friends, especially of the same sex
- Experience more peer pressure
- Become more aware of his/her body as puberty approaches—body image and eating problems sometimes start around this age

#### THINKING AND LEARNING
- Face more academic challenges at school
- Become more independent from the family
- Begin to see the point of view of others more clearly
- Have an increased attention span

#### WHAT TO EXPECT

<table>
<thead>
<tr>
<th>WHAT YOU CAN DO: POSITIVE PARENTING TIPS</th>
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<tbody>
<tr>
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#### YOUR CHILD DEPENDS ON YOU

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#### WHAT YOU CAN DO: POSITIVE PARENTING TIPS
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- Be involved with your child’s school—attend school events; meet teachers
- Encourage your child to join school and community groups such as: sports, clubs or volunteer groups
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#### HOW TO STAY HEALTHY
- Protect your child in the car—the National Highway Traffic Safety Administration recommends that you keep your child in a booster seat until she is big enough to fit in a seat belt properly; your child should still ride in the back seat until she is 12 years of age because it’s safer there; motor vehicle crashes are the most common cause of death from unintentional injury among children of this age
- Know where your child is and whether a responsible adult is present—make plans with your child for when he will call you, where you can find him, and what time you expect him home
- Make sure your child wears a helmet when riding a bike or a skateboard or using skates; riding on a motorcycle, snowmobile, or all-terrain vehicle; or playing contact sports
- Many children get home from school before their parents get home from work—it is important to have clear rules and plans for your child when she is home alone

#### YOUR CHILD DEPENDS ON YOU
It is important to take care of yourself, too. Talk to your doctor if you:
- Feel tired, depressed, worried or overwhelmed, and these feelings don’t go away
- Don’t enjoy spending time with your child
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- Witnessed violence or had a traumatic experience