Resilience and nurturing emotional well-being in children

Kunti Singhal, India

Abstract

We will explore effective strategies aimed at fostering resilience and nurturing emotional well-being in children. Resilience, which refers to the ability to adapt and recover from adversity, plays a vital role in a child's overall development and mental health. Through an extensive examination of current research, psychological theories, and practical interventions, this talk will provide valuable insights into the key factors contributing to children's resilience. It will also offer evidence-based strategies for parents, educators, and mental health professionals to implement in their work with children.

The presentation will commence with an introductory overview of resilience as a critical concept in child development. By drawing on established theories such as the ecological systems theory and socio-emotional selectivity theory, the discussion will delve into various factors influencing a child's resilience. These factors include the quality of relationships, the importance of supportive environments, and the development of essential coping skills.

Furthermore, this presentation will highlight evidence-based strategies for nurturing resilience in children. Practical techniques will be explored, such as promoting positive parent-child interactions, fostering secure attachments, and enhancing social-emotional skills through play-based interventions. Additionally, the talk will emphasize the significance of creating supportive school environments, including the implementation of social-emotional learning programs and the utilization of strength-based approaches in education.

Moreover, the presentation will address the crucial role of mental health professionals in supporting children's resilience. It will outline strategies for identifying and addressing risk factors, providing early intervention, and promoting a collaborative approach with families.

Overall, the objective of this presentation is to equip attendees with practical knowledge and actionable strategies to foster resilience and promote emotional well-being in children. By comprehending the underlying factors and implementing evidence-based approaches, we can enhance children's capacity to navigate life's challenges, contribute to their overall well-being, and establish a foundation for lifelong resilience.

Biography



Kunti Singhal is a dedicated psychologist and counselor specializing in child and adolescent mental health. With a passion for supporting young individuals, Kunti is committed to promoting their wellness. As a respected speaker, she shares her expertise at conferences, offering valuable insights and practical guidance. In her practice, she builds strong therapeutic relationships, providing compassionate counseling to children, adolescents, and families. Kunti brings a wealth of knowledge and experience to her work, helping young individuals thrive in their emotional development.

Email: kuntiahuja@gmail.com