

# Supporting children to develop emotional maturity

The important adults in children's lives influence their development when they interact with them. Each interaction stimulates the child's developing brain and builds the foundations for their future.

Adults can support children's emotional development in lots of ways. Look at the ideas below to think about how you can make a positive impact.



## EMOTIONAL MATURITY

Children adapt best to a classroom environment when they can consider others, concentrate, have patience and are beginning to manage their emotions.

### Children learn to regulate emotions by:

#### BABIES



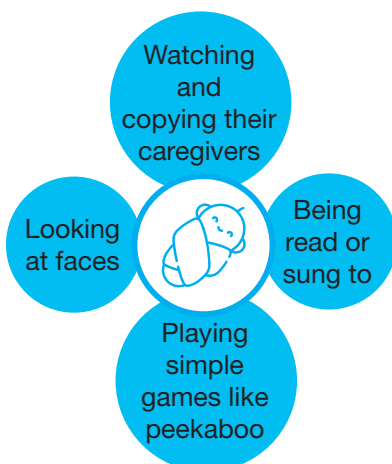
#### TODDLERS



#### CHILDREN



### Children learn to get along with others by:



### Parents can best support children's emotional development when they:

- Have social support
- Have supportive relationships
- Seek help for mental health
- Get help to manage parenting stress

### Where you can get more information:



[www.headspace.org.au](http://www.headspace.org.au)  
[www.beyou.edu.au](http://www.beyou.edu.au)

### Who can help:

- Talk to your maternal child health nurse or GP
- Connect to your local playgroup
- Talk to your children's early years educators about your child's development, their success and their struggles