

The Importance of Wellbeing in Children

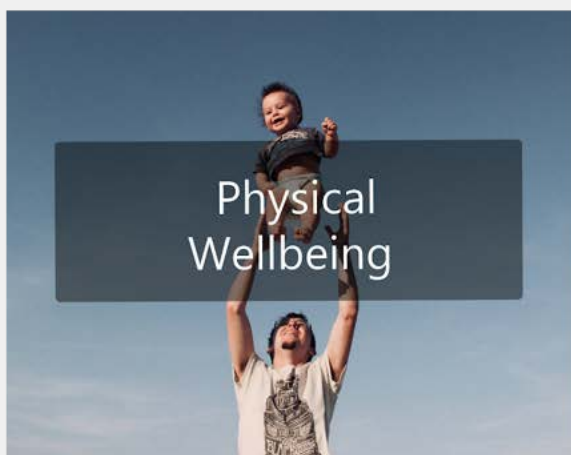




**Wellbeing can be defined simply as:
“The state of being comfortable, healthy or happy.”**

Wellbeing is more than just moment-to-moment happiness, and the importance of different types of wellbeing change as we grow older.

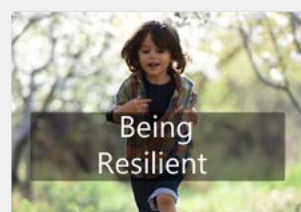
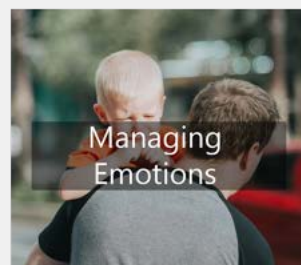
For children wellbeing can be defined as “laying the foundations for healthy behaviours and educational attainment. It also helps prevent behavioural [...] and mental health problems”.





Psychological wellbeing, is a clinical way of saying mental health. The term mental health is often perceived with negative connotations, however, this is not the case, discussing this is the same as discussing your physical health.

Children with good psychological wellbeing will show abilities in:





The Importance Of Psychological Wellbeing

“promoting well-being is important during the early years of a child’s life as this can go on to have an impact on the mental health of a person when they get older.”

Childhood wellbeing and adulthood mental health have been closely linked across multiple studies.

A study in 2006 found good psychological wellbeing in childhood creates an important foundation for mental health, through childhood and into adulthood (Moore, 2006)

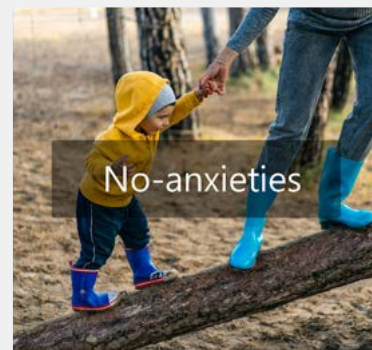
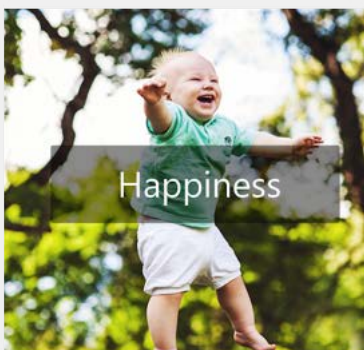
In 2019, a study found childhood psychological wellbeing predicts adulthood life satisfaction within individuals 20’s, just as well as in their 40’s and beyond. This means childhood wellbeing is not just a basis for life satisfaction in early adulthood, but also late adulthood and old age.

Psychological wellbeing is important , both in its own right, but also due to its impact on all domains of development, such as language and communication skills, which in turn leads to good social wellbeing.



Emotional Wellbeing involves a child's ability to manage and express emotions, this is in regards to their awareness of their emotions and the ability to manage and express those feelings in an age-appropriate manner.

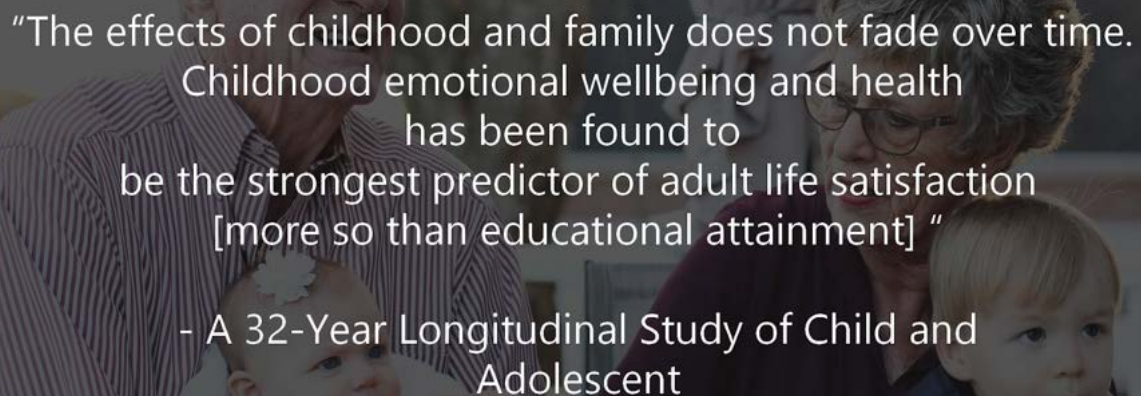
Children with good emotional wellbeing will benefit from:





The Importance of Emotional Wellbeing

“Knowing more about family history is [a large] predictor of a child's emotional wellbeing. Grandparents can play a special role in this process.” – Bruce Feiler



“The effects of childhood and family does not fade over time. Childhood emotional wellbeing and health has been found to be the strongest predictor of adult life satisfaction [more so than educational attainment] ”

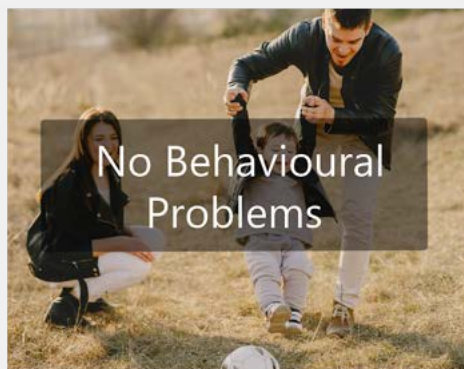
- A 32-Year Longitudinal Study of Child and Adolescent

Positive early year relationships with parents and adults, help with the promotion of building positive self-image and psychological wellbeing. These building blocks will help children in the future have a positive basis to work off in the future.



“Social wellbeing is the extent to which you feel a sense of belonging, social inclusion and social stability ▪ it encompasses our lifestyles, values and beliefs. ▪ ”

Children with good social wellbeing show:



A woman is holding two young children in her arms. The child on the left is wearing a green hat and a pink shirt, while the child on the right is wearing a patterned hat and a pink shirt. They are standing in front of a desert landscape with reddish-brown soil and some sparse vegetation.

The Importance of Social Wellbeing

Social wellbeing is an important foundation for mental health, through childhood and into adulthood. Good social wellbeing and social skills are attributed to overall happiness, quality of life and high self esteem.

A woman is lifting a young child into the air. The child is wearing a red shirt and light-colored shorts. The woman is wearing a floral dress. They are in a field of tall grass and yellow wildflowers, with trees in the background.

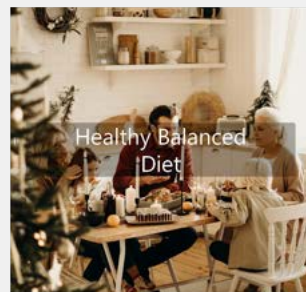
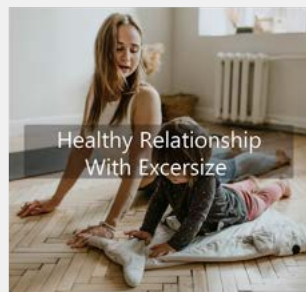
Social wellbeing and self esteem in adulthood has been found to be highly correlated with childhood experiences and wellbeing.

Individuals who are more socially connected to family, friends and to their community are happier, physically healthier and they live longer.



“A state of physical well-being is not just the absence of disease. It includes lifestyle behaviour choices to ensure health, avoid preventable diseases and conditions, and to live in a balanced state of body, mind, and spirit.” - AANA

Children with good physical wellbeing show:





The Importance of Physical Wellbeing

Childhood experiences and wellbeing play a key role in determining adult health.

“Children who experience poor physical and health wellbeing have significantly lower educational attainment, poorer health, and lower social status as adults.”



In 2016, a study looked into adverse health and wellbeing through childhood and the links this had to adults health and wellbeing. Consumption of fruits and vegetables was linked to good physical wellbeing and mental health in both children and adults.



Evidence of the impact of good wellbeing


“promoting well-being is important during the early years of a child’s life as this can go on to have an impact on the mental health of a person when they get older.”



Positive relationships:

Positive early years relationships help build positive self-image and positive emotional wellbeing which will help children have a basis of this to work off in the future.

(Raver & Zigler, 2004)

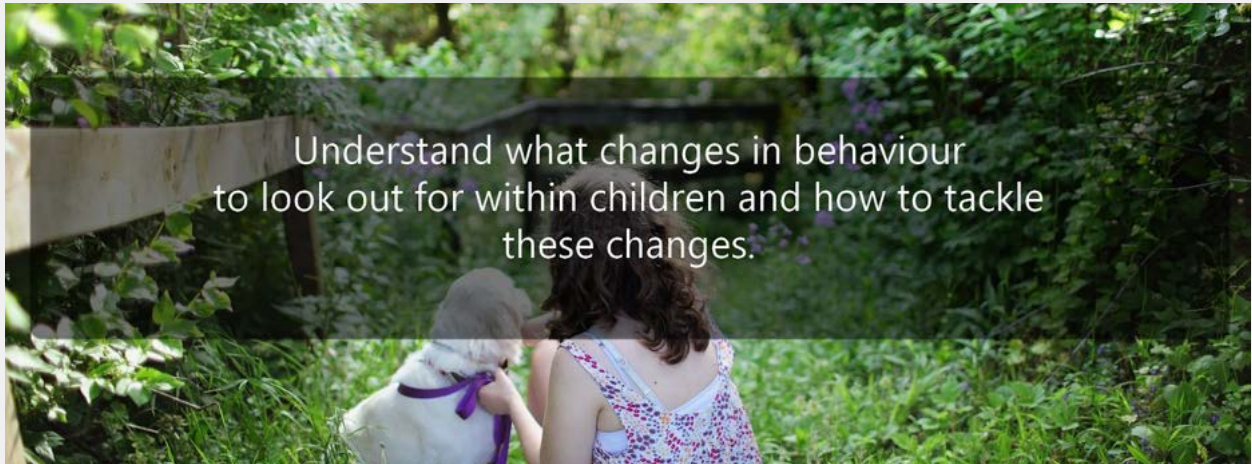


Future positive mental health:

Good psychological and social wellbeing are an important foundation for mental health, through childhood and into adulthood.

Good social wellbeing and social skills are attributed to overall happiness, quality of life and high self-esteem

Parents who understand the basics of wellbeing are be able to:



Wellbeing:
"where the goal of life isn't feeling good,
but living virtuously"
- Aristotle

