



## Promoting Children's Emotional Well-Being: Messages from Research

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# Promoting Children's Emotional Well-Being: Messages from Research

## Promoting Children's Emotional Well-Being: Messages from Research

This book explores the concept of emotional well-being in children and describes the research suggesting how this can be promoted. Emotional well-being is something much greater than simply the absence of problems, and is not something that just develops at home. This book is about strategies to ensure that children maximize their potential and increase the quality of their lives by fostering well-being as a concept inclusive of confidence, empathy, pro-social behaviour, creativity and a sense of achievement, at the same time as preventing emotional and behavioural problems. The various interventions described are seen in relation to the social contexts in which the children and their families operate. Leading researchers, from the fields of health, social care, education and the law, have contributed chapters. The book promises to give all those researching, working or making policy in this field new insights into how to make a psychologically more healthy world for children.



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