

SUPPORTING CHILDREN with SOCIAL, EMOTIONAL and MENTAL HEALTH NEEDS in the EARLY YEARS

Practical Solutions and Strategies
for Every Setting

Sonia Mainstone-Cotton



A **Speechmark** Book

ROUTLEDGE


สำนักหอสมุด มหาวิทยาลัยเชียงใหม่

616579768

012533932

i 22557829

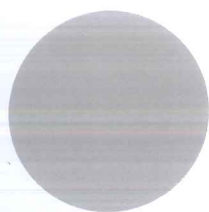
Supporting Children with Social, Emotional and Mental Health Needs in the Early Years

Practical Solutions and Strategies for
Every Setting

Sonia Mainstone-Cotton



 **Routledge**
Taylor & Francis Group
LONDON AND NEW YORK



Contents

<i>Acknowledgements</i>	x
Introduction	1
SECTION I	5
1 Social, emotional and mental health needs in children: Part I: Exploring trauma, ACEs and the impact of stress on the body	7
2 Social, emotional and mental health needs in children: Part II: Exploring these needs in further detail	25
3 Social, emotional and mental health needs in children: Part III: Exploring domestic violence, foetal alcohol syndrome, parental mental illness and children who are fostered or adopted	38
4 The role of the adult	54
SECTION II	65
5 Environment	67
6 Routines and transitions	80
7 Recognising feelings and emotions	93
8 Sensory experiences	108
9 Outdoors	129
10 Mindfulness	147
11 Working with parents	161
12 Wellbeing of adults	173
Conclusion	187
<i>Index</i>	189