

Understanding Your Child's Behavioural and Emotional Challenges

Address your child's behavioural changes with the support of MIOT's Department of Mental Well-Being



Mental Well-Being

The mental well-being of a child is fundamental to their development and to reaching their full potential. It can be indicated by their ability to achieve developmental and emotional milestones, learn healthy social skills, and cope with problems. A healthy child has a positive quality of life and can function well at home, school, and in their communities.

When a child experiences significant changes in the way they typically learn, behave, or handle their emotions, it causes distress and difficulties in managing daily life. If symptoms are serious and persistent and interfere with school, home, or play activities, it may be a sign that the child is in need of help. Early attention to it can prevent the development of more serious issues later in life.

Emotional and Behavioural Difficulties

Children with emotional and behavioural difficulties show emotional, physical, and sexual abuse-related changes in their behaviour. The child shows difficulty appropriately reacting to situations or emotions.

Difficulties can present in varying ways:

- Separation anxiety
- Temper tantrums continuing into school
- School refusal
- Bedwetting beyond the age of 7
- Extreme sadness
- Anxiety
- Low self-esteem
- In later stages, issues related to gender and sexuality

Why Early Intervention is Important?

Recognizing and acting on symptoms during the onset can minimise distress to the child and family, and prevent problems associated with the condition. It may also help reduce symptoms and prevent episodes of disturbing behaviour.



What Happens if Emotional and Behavioural Difficulties are Left Untreated?

A child with emotional and behavioural difficulties is at risk for developing other mental disorders as an adult if left untreated. They may experience school-related problems, such as failing or dropping out, and injuring themselves or others due to violent behaviour. They often find it difficult to make friends and have difficulties understanding social situations. Some children may feel that they are worthless and that they just cannot do anything right.



When Should You Seek Help?

If the symptoms occur more often, are more severe, and interfere with your child's daily life and relationships with others, it's a sign that you should seek help from a medical professional.

MIOT's Department of Mental Well-Being

MIOT's Department of Mental Well-Being takes a holistic approach to mental health, addressing not only the psychological aspects but also the physical, social, and emotional dimensions of well-being. Our multidisciplinary team includes:

- Psychiatrists
- Psychologists
- Developmental Paediatricians
- Speech and Language Therapists
- Physiotherapists
- Occupational Therapists
- Nursing and support staff

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This diverse team enables us to gain an in-depth understanding of each child.

We keenly observe the children over an extended period and engage in discussions with their families and teachers about our observations and how we can apply them to manage the child's symptoms. This process helps us develop personalised treatment plans tailored to each child's unique needs, combining therapy, medication, lifestyle changes, and support from loved ones. We use evidence-based approaches accepted and practiced worldwide, customising them to meet the needs of our country and the child. Additionally, we help children develop coping skills and advise parents or caretakers on effective strategies to manage the child's symptoms.



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