



The Influence of Emotional Experiences on the Educational Development and Academic Progression of Children

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DESCRIPTION

Emotions are an essential part of human life which helps us communicate, learn, form relationships, and cope with challenges. Emotions are not just feelings that happen inside us, but also expressions that are shown to others through facial expressions, body language, tone of voice, and words. Children experience a wide range of emotions from an early age, such as joy, sadness, anger, fear, surprise, and disgust. These emotions are often triggered by events or situations that are important to them, such as playing with a friend, losing a toy, or being scared by a loud noise. Children also learn to regulate their emotions, which means to control, adjust, or change how they feel and express themselves in different contexts. Emotional experiences and feelings in children are influenced by many factors, such as their temperament, personality, cognitive development, social environment, and cultural background. Some of these factors are innate, while others are learned through observation and interaction with others. For example, some children are more sensitive, reactive, or expressive than others, and this may affect how they respond to emotional stimuli. Some children may also have different emotional vocabularies, depending on the language and culture in which they grow up. Emotional experiences and feelings in children have important implications for their well-being, development, and learning.

Positive emotions, such as happiness, curiosity, and pride, can enhance children's motivation, creativity, and self-esteem. Negative emotions, such as sadness, anger, and fear, can also serve adaptive functions, such as signaling a problem, motivating a change, or preparing for a threat. However, if negative emotions are too intense, frequent, or prolonged, they can interfere with children's functioning and health.

Interfering negative emotions in children's health

- Provide a safe and nurturing environment where children feel loved, accepted, and valued.

- Model and teach appropriate emotional expression and regulation skills, such as naming emotions, using coping strategies, and seeking help when needed.
- Encourage children to talk about their feelings and empathize with their perspectives.
- Validate children's emotions and help them to find positive meanings and solutions.
- Expose children to a variety of emotional experiences and stimuli, such as books, music, art, and nature, and discuss how those experiences make them feel.
- Respect children's individual differences and preferences in emotional expression and regulation.

Negative emotions are normal and natural feelings that everyone experiences from time to time. However, sometimes they can be overwhelming, distressing, or harmful for children and their well-being. Therefore, it is important for parents and caregivers to help children cope with negative emotions in healthy and constructive ways. Even infants can benefit from learning about emotions and how to express them appropriately. Parents and caregivers can talk to babies about how they feel and how others feel, and point out emotions in books, movies, or real life. This can help children develop emotional awareness and vocabulary. Children need a secure and trusting relationship with their parents or caregivers to feel safe and supported. Parents and caregivers can show love and acceptance by being consistent, comforting, and responsive to the child's needs. This can help children feel more confident and secure in their emotions.

Children learn a lot from observing how their parents or caregivers handle their own emotions. Parents and caregivers can set a good example by showing children how to cope with stress, anger, sadness, or other negative feelings in healthy ways. They can also share their strategies and thoughts with children, and show them how to calm themselves down, problem-solve, or seek help when needed. Therefore, it is essential for parents, caregivers, teachers, and other adults to support children's emotional development and help them to understand, express,

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Received: 03-Nov-2023, Manuscript No. JOP-23-23997; **Editor assigned:** 06-Nov-2023, PreQC No. JOP-23-23997 (PQ); **Reviewed:** 20-Nov-2023, QC No JOP-23-23997; **Revised:** 27-Nov-2023, Manuscript No. JOP-23-23997 (R); **Published:** 04-Dec-2023. DOI: 10.35248/2378-5756.23.26.649

Citation: Reqady T (2023) The Influence of Emotional Experiences on the Educational Development and Academic Progression of Children. J Psychiatry. 26:649.

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and regulate their emotions in healthy ways. By doing these, adults can help children have rich and diverse emotional

experiences and feelings, and develop emotional competence and resilience that will benefit them throughout their lives.