

Resources

New York State Office of Mental Health

1-866-270-9857 (information and referral)
<http://www.omh.state.ny.us>

The Children's Plan

<http://www.omh.state.ny.us/omhweb/engage>

Local County Mental Health Department Contact Information

<http://www.clmhd.org/about/countydirectory.aspx>

Families Together of NYS

518-432-0333
<http://www.ftnys.org>



*Helping
New York's children
grow up healthy*

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Snapshots

of Your Child's Social and Emotional Well-being



**Grades 4 to 6
(middle childhood)**



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Social and emotional learning is the way a child develops the ability to experience, regulate and express emotions, form close, secure relationships; explore the environment; and learn.

What to expect

Children develop at their own unique pace, so it's impossible to tell exactly when yours will learn a given skill. The characteristics below will give you a general idea of the changes you can expect as your child gets older.

Fourth Graders

- Want to put some distance between themselves and adults, and may rebel against authority
- Need to be part of a group
- Seek independence
- Possess a high activity level
- Verbalize easily, can empathize and express a wide range of emotions
- Can think independently and critically, but are tied to peer standards
- Begin to increase their sense of truthfulness
- Typically lack self-confidence

Fifth Graders

- Tend to be obedient, good natured and fun
- Possess a surprising scope of interests
- Identify with TV characters
- Are capable of increasing independence
- Are becoming more dependable
- Begin gaining an improved self-concept and acceptance of others
- Usually form good personal relationships with teachers and counselors

Sixth Graders

- Show more self-assertion and curiosity
- Are socially expansive and aware
- Are physically exuberant, restless and talk a lot
- Have a range and intensity of emotions and can be moody and easily frustrated
- Can relate feelings
- Are competitive, want to excel and may put down the "out group"
- Often exhibit "off color" humor and silliness, tease and tussle

Ideas for Parents

There are many things you can do to promote your child's social and emotional success:

- Provide opportunities for older children to help with cooking, sewing or other chores.
- Provide time and space for an older child to be alone—to read; to do school work; or just to day dream.
- Encourage your child to call a school friend.
- Encourage your child to participate in an organized club or youth group. Many groups encourage skill development with projects or activities that can be worked on in the home.
- Encourage your older child to help with a younger one but avoid burdening older children with too many adult responsibilities. Allow time for play and relaxation.
- Provide opportunities for older children to play games of strategy like checkers, chess or monopoly.
- Remember to provide plenty of food. Older children have larger appetites and will need to eat more.
- Be involved in your child's school—attend events and parent teacher conferences.