

# Mental Health and COVID-19: The importance of early years and families



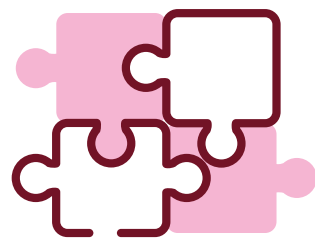
Tina Montreuil, PhD, PsyD  
Assistant Professor, Department of Educational and Counselling Psychology



## Mental Health Issues in Childhood

Prevalence

Impact on well-being



Impact on achievement

Impact on family climate

## Some data

Nearly **1 child or adolescent of every 2** identified as meeting criteria for:

- ✦ Disruptive disorder (27%)
- ✦ Conduct disorder (12%)
- ✦ Oppositional defiant disorder (12%)
- ✦ Attention-deficit/hyperactivity disorder (estimated 11%)
- ✦ Anxiety and depressive disorders (18% and 11%) and PTSD (4%)

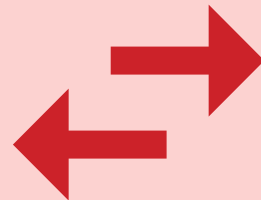
## Causes

### Genetic factors

- Temperament
- Perfectionism
- Antenatal Environment

### Environmental Factors

- Parental Socialization
- Absence of family structure/support
- High Expectations
- Poor Coping Skills



## Parental Influences



Learning through observations / modelling

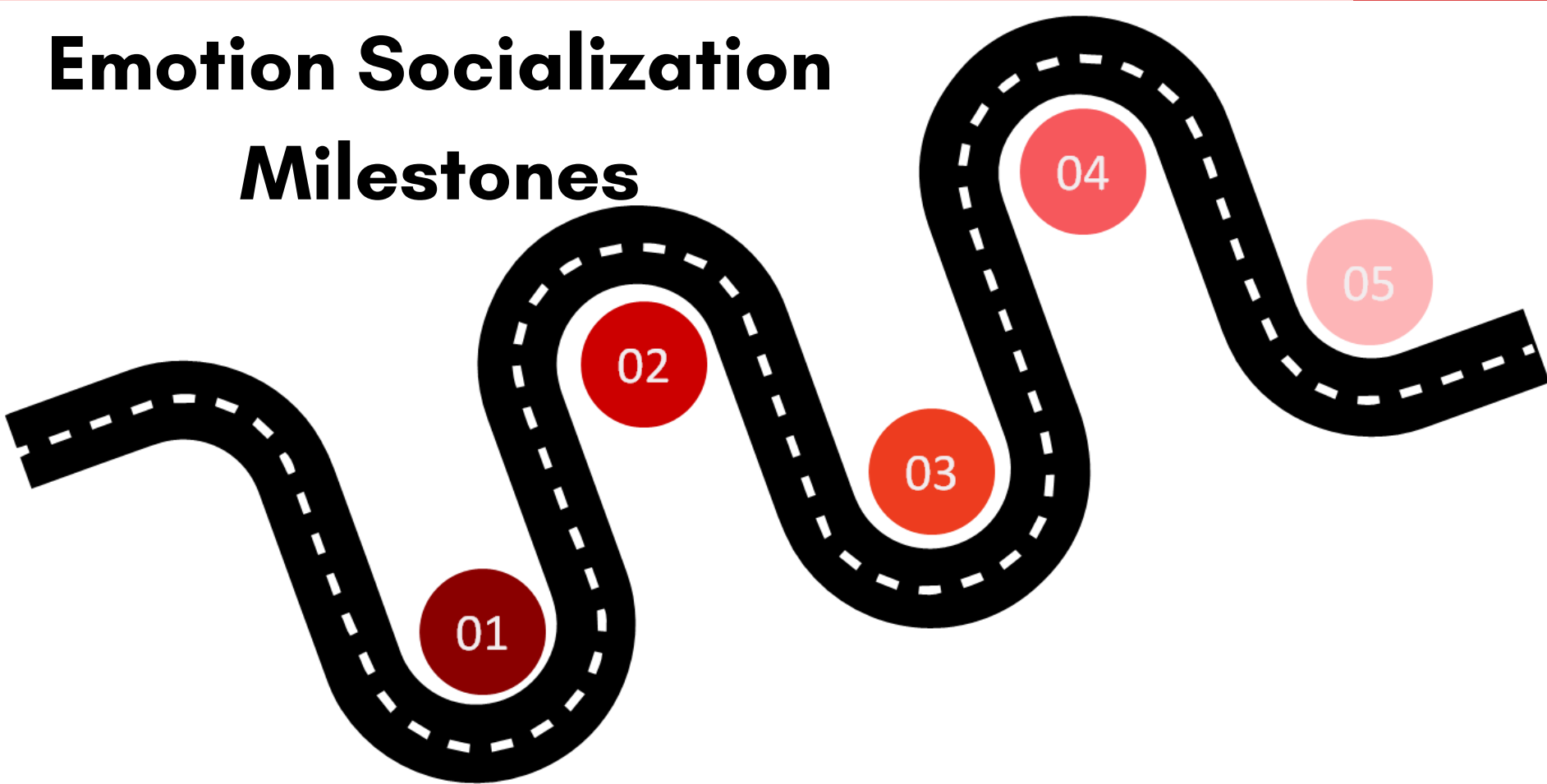


Family Emotional Climate



Emotion Socialization

## Emotion Socialization Milestones



- 01 Empathic Support (warmth & Structure)
- 02 Eliminate Negative Reinforcement
- 03 Opportunities for Child to Take the Lead
- 04 Importance of Control Building )
- 05 Avoid Criticizing /Comparing Others

## Hierarchy of needs

Maslow, 1943

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- Self-Actualization
  - Self-Esteem
  - Belongingness & Attachment
  - Protection/ Security
  - Physiological Needs



## Regulated Parenting

- ➔ Emotionally available and regulated
- ➔ Connected with your students- while setting limits
- ➔ Coach / model & support mastery instead of threaten and control
- ➔ Empathic limits (connected while setting limits) instead of punishment

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PERSONAL OBLIGATIONS

PERFECTION

## EXPECTATIONS

OVERPROTECTION

EFFORTS

GRATITUDE

## FAMILY VALUES

PERSONAL GROWTH

AUTONOMY