

Name of the course: **Mental Health and Well-Being in Early Childhood Years**

Semester: **IV**

Credit Hours: **4**

Objective of the Course: At the end of this course, the student will be able to:

- i. Develop a basic understanding of the risk and protective factors to mental health and well-being in early years
- ii. Learn basic skills for identification and assessment of psycho-social problems in young children
- iii. Gain familiarity with the concept of early intervention and child- friendly therapeutic techniques, the promotion of psycho-social health and well-being in early years.

UNIT 1: Socio-emotional development and contextual influence in early years

- a) Emotions and emotional development in early years, theoretical perspectives and implications
- b) Context of emotional difficulties: parent-child relationships, biological factors, social and psychological risk factors, community and cultural influences.
- c) Protective factors and resilience; concepts of Emotional regulation, life skills.

UNIT 2: Identification and assessment of psycho-social difficulties in early years

- a) DSM-5 childhood disorders
- b) Early Childhood Assessment: Concept, principles and recommendations; introduction to development screening and child behaviour checklists
- c) Play based assessment and Mental State Examination

UNIT 3: Early Intervention and child-friendly approaches to Mental health treatment

- a) Early intervention principles and guidelines
- b) Basic behaviour modification; Cognitive behavioural interventions; Play therapy.
- c) Promoting mental health and well-being in early years.

Structure of Internal Assessment: Psychological assessment and familiarisation with Intelligence tests will be part of internal assessment Test / Assignment / Presentation/ Field Visit etc (25 marks)

Essential/ Suggested Readings:

1. Berk, L.E. (2013), Child Development, Pearson Education
2. Santock, J.W. (2010). Child Developmnt: An Introduction McGraw-Hill Education
3. American Psychiatric Association (2013). Dignostic Statistical manual of Mental Disorders, Fifth Edition
4. Shonkoff, J.P&Meisels, S.I. (2001). Handbook of early Childhood Intervention (2nd Edition). Cambridge University Press