

**Name of the Course** : Emotional and Behavioral Difficulties in Early Years

**Semester** : IV

**Credit hours** : 4

**Paper Coordinator** : Dr. Nimisha Kumar

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

- i. Develop a basic understanding of the risks and protective factors to mental health and well-being in early years; and identify the variety of contextual influences on emotional and behavioral difficulties in early years.
- ii. Learn basic skills for identification and assessment of emotional and behavioral problems in young children as well as be able to identify the common emotional and behavioral difficulties using developmental screening and behavior checklists.
- iii. Gain information on the concept of early intervention as well as the main approaches and techniques that are used to manage emotional and behavioral difficulties in early years.

**UNIT 1: Emotional development and contextual influences in early years**

- a. Emotions and emotional development in early years; behavioral problems as manifestations of emotional deficits; defining behavioral difficulties; prevalence and occurrence.
- b. Context of emotional difficulties: parent-child relationships, biological factors, social and psychological risk factors, family processes, community and cultural influences.
- c. Protective factors and resilience; concepts of Emotional self-regulation, life skills and emotional intelligence.

**UNIT 2: Identification and assessment of emotional and behavioural difficulties in early years.**

- a. Early warning signs; differentiating behavioral difficulties, problems and disorders; Emotional difficulties; Internalizing and externalizing behaviors.
- b. Core assessment areas and skills; introduction to developmental screening and child behavior checklists; evaluating impact on learning and social development; Play based assessment.
- c. Concept of child development center; role of multi-disciplinary team in early identification and assessment.

**UNIT 3: Addressing common emotional and behavioural problems in early years: Basic Intervention strategies.**

- a. Early intervention principles and guidelines; Current intervention services for children with behavioral difficulties;
- b. Functional analysis and behavior modification; cognitive behavioral interventions; play therapy.
- c. Supporting parents and caretakers as an intervention mechanism; Promoting mental health and well-being in early years.