

**CENTRE FOR EARLY CHILDHOOD DEVELOPMENT AND RESEARCH  
JAMIA MILLIA ISLAMIA, NEW DELHI**

**CBCS PAPER SEMESTER IV**

**Name of the Course:** Mental health and well-being in early childhood years

**Semester:** 4

**Credit Hours:** 4

**Paper Coordinator:** Dr Monu Lal Sharma

**Objectives 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 childhood years.

**UNIT 1: Socio-emotional development and contextual influences 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, family processes, community and cultural influences.
- c) Protective factors and resilience; concepts of Emotional self-regulation, life skills.

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

- a) Internalizing and externalizing problems, DSM-5 childhood disorders
- b) Clinical assessment and MSE; introduction to developmental screening and child behavior checklists;
- c) Functional analysis; Play based assessment.

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

- a) Early intervention principles and guidelines
- b) Basics of behavior modification; cognitive behavioral interventions; play therapy.
- c) Innovative child-friendly intervention approaches; Promoting mental health and well-being in early years.

**Assessment – the internal assessment of the paper will be based on a detailed self-reflective journal and presentation of the same.**