

The Effects of Positive and Negative Childhood Experiences on Adult Family Health

T56-D-U2

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Introduction-Preview

- The impact of parental separation on children
parental separation / negative influences
- The impact of family members having mental illness on children
mental illness
- The impact of parents often providing children's spiritual support to children
spiritual support



Main point #1

The impact of parental separation on children

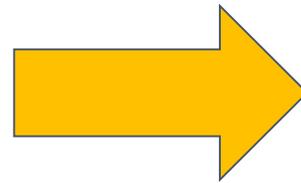
What is parental separation?

- The separation of cohabiting couple.
- The legal divorce of married couples with children.

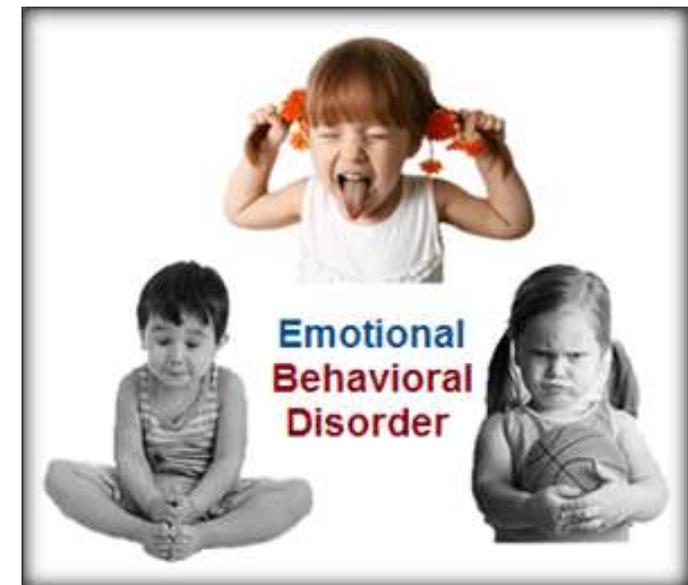


Parental separation is associated with more mental health problems in children.

Studies have shown that children with separated parents have **a higher risk of emotional and behavioural problems** than peers living in non-separated two-parent families.



high probability



Main point #2

The impact of family members having mental illness on children

What is mental illness?

- It affect a person's thinking, emotion, behavior and daily life functions..
- Common mental illnesses include:
→ Depression, anxiety, bipolar disorder, thought disorder.
- If parents suffer from these diseases, it will affect their emotional stability, parent-child interaction and parenting.



The study points out that the impact on children

- Psychological level

→ Anxiety, melancholy, self-blame or fear.

→ Lack of security.

- Emotion and behavior

→ Withdrawal, rebellion or emotionality.

→ Concentration declines.



- Interpersonal and family relationships

→ Becoming isolated.

→ Not easy to trust others.

- Long-term impact

→ The risk of mental health problems in adulthood is high.

Main point #3

the impact of parents often providing children's spiritual support to children

What is spiritual support?

- assistance that helps an individual find meaning and purpose, often by connecting with their personal beliefs, values, and sense of self.
- Key aspects: It recognizes the connection between a person's body, mind, and spirit and can help them heal emotionally and physically.
- Examples: Parents can share their spiritual beliefs and values, helping children build a moral and spiritual foundation.

Benefits for children:

- Spiritual support can lead to lower levels of stress, anxiety, and depression, providing hope and comfort during challenging times.
- Parents who provide spiritual guidance can help children find meaning, purpose, and a sense of connection in life.

How parents provide this support:

- Parents can share their spiritual beliefs and values, helping children build a moral and spiritual foundation.
- Providing a safe and secure home environment supports a child's spiritual development.

Conclusion-Review

- Consequences of Parental Separation for Children's Well-Being

Children of separated parents are more likely to experience emotional and behavioral problems than those from two-parent families.

- How Family Members' Mental Illness Influences Children

Parental mental illness can cause children's anxiety, insecurity, and long-term mental health risks.

- The Effects of Parental Spiritual Support on Children

Parental spiritual support helps children develop meaning, values, and emotional strength, reducing stress and promoting overall well-being.

Q&A Session

- **Q1: What are the possible negative effects of parents separating?**
- A1: **mental** problems/unhappiness.
- **Q2: Please give two examples of mental illnesses.**
- A2: Depression/ Anxiety
- **Q3: How does spiritual support benefit children?**
- A3: lower levels of stress, anxiety, and depression, providing hope and comfort

Works Cited

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