Resources

New York State Office of Mental Health
1-866-270-9857 (information and referral)
http://www.omh.state.ny.us

The Children’s Plan
http://www.omh.state.ny.us/omhweb/engage

Local County Mental Health Department Contact Information
http://www.clmhd.org/about/countydirectory.aspx

Families Together of NYS
518-432-0333
http://www.ftnys.org

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Snapshots of Your Child’s Social and Emotional Well-being

Grades 4 to 6 (middle childhood)

Helping New York’s children grow up healthy
Social and emotional learning is the way a child develops the ability to experience, regulate and express emotions, form close, secure relationships; explore the environment; and learn.

What to expect
Children develop at their own unique pace, so it’s impossible to tell exactly when yours will learn a given skill. The characteristics below will give you a general idea of the changes you can expect as your child gets older.

Fourth Graders
☑ Want to put some distance between themselves and adults, and may rebel against authority
☑ Need to be part of a group
☑ Seek independence
☑ Possess a high activity level
☑ Verbalize easily, can empathize and express a wide range of emotions
☑ Can think independently and critically, but are tied to peer standards
☑ Begin to increase their sense of truthfulness
☑ Typically lack self-confidence

Fifth Graders
☑ Tend to be obedient, good natured and fun
☑ Possess a surprising scope of interests
☑ Identify with TV characters
☑ Are capable of increasing independence
☑ Are becoming more dependable
☑ Begin gaining an improved self-concept and acceptance of others
☑ Usually form good personal relationships with teachers and counselors

Sixth Graders
☑ Show more self-assertion and curiosity
☑ Are socially expansive and aware
☑ Are physically exuberant, restless and talk a lot
☑ Have a range and intensity of emotions and can be moody and easily frustrated
☑ Can relate feelings
☑ Are competitive, want to excel and may put down the "out group"
☑ Often exhibit "off color" humor and silliness, tease and tussle

Ideas for Parents
There are many things you can do to promote your child’s social and emotional success:

☑ Provide opportunities for older children to help with cooking, sewing or other chores.
☑ Provide time and space for an older child to be alone—to read; to do school work; or just to day dream.
☑ Encourage your child to call a school friend.
☑ Encourage your child to participate in an organized club or youth group. Many groups encourage skill development with projects or activities that can be worked on in the home.
☑ Encourage your older child to help with a younger one but avoid burdening older children with too many adult responsibilities. Allow time for play and relaxation.
☑ Provide opportunities for older children to play games of strategy like checkers, chess or monopoly.
☑ Remember to provide plenty of food. Older children have larger appetites and will need to eat more.
☑ Be involved in your child’s school—attend events and parent teacher conferences.