



MUMMY  
BRAIN  
BUILDERS



[gelecegedokunananneler.com](http://gelecegedokunananneler.com)

  [gelecegedokunananneler](https://www.instagram.com/gelecegedokunananneler)

## WHAT IS EMOTIONAL NEGLECT?

Emotional neglect is the deliberate or unintentional act of ignoring the emotional needs (i.e. compassion, care, communication) of a child by the mother, father or the caretaker; letting the child witness violence at home; allowing the child to adopt and carry out negative behavior; and not providing the adequate foundation for emotional development.

Every 18 out of 100 children worldwide and 4,4 million children in Turkey are subject to 'emotional neglect'.

Every parent should be aware of the followings to ensure **HEALTHY EMOTIONAL DEVELOPMENT** in children:

Effective communication,

Knowing the foundations of secure attachment,

Providing positive discipline and boundaries,

Being able to play effectively with the child,

Allowing the children to exercise their rights.

## WHAT ARE SOME SYMPTOMS OF EMOTIONAL NEGLECT IN CHILDREN?

Emotional neglect can cause problems in one or more of the following areas:

- Cognitive development
- Language development
- Attachment
- Self perception
- Social skills
- Coping skills
- Personality development
- Emotional regulation
- Self respect

## WHAT PROBLEMS IN ADULTS MAY BE SYMPTOMATIC OF CHILDHOOD EMOTIONAL NEGLECT?

- Difficulty in emotional awareness
- Low self esteem
- Self blame
- Feeling of emptiness
- Perfectionism
- Difficulty in emotional and behavioral regulation and self discipline
- Frequently feeling 'abnormal'
- Oversensitivity to being rejected
- Difficulty to maintain emotional relationships
- Addiction

**That is why we believe that  
MOTHERS WHO;**

Are aware of their child's emotional needs,

Are able to speak the same language as their child,

Have parental awareness,

Can follow the developmental stages of their child,

Are able to build and navigate their parental paths free  
from societal norms

Know that being a woman is not limited to motherhood,

Are aware of their multiple roles in life,

Can appreciate their efforts for self-actualization and,

Know as well as articulate their needs and strengths,

**CAN HAVE AN IMPACT ON THE FUTURE.**

Dear Parents,

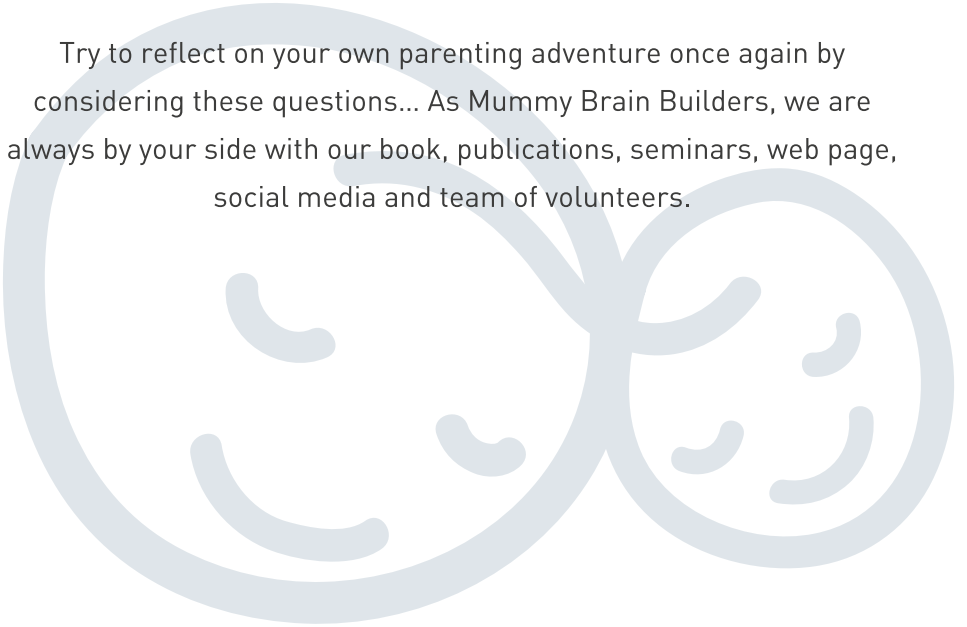
“There is a very special and beautiful child who deserves the best in the world! That child is living in YOUR home.”

Dođan Cücelođlu...

What about us? Are we aware of this child living in our home?

As parents, how aware we are about the fact that we are actually building the foundation of future societies? How conscious and willing we are to write a different life story than ours?

Try to reflect on your own parenting adventure once again by considering these questions... As Mummy Brain Builders, we are always by your side with our book, publications, seminars, web page, social media and team of volunteers.

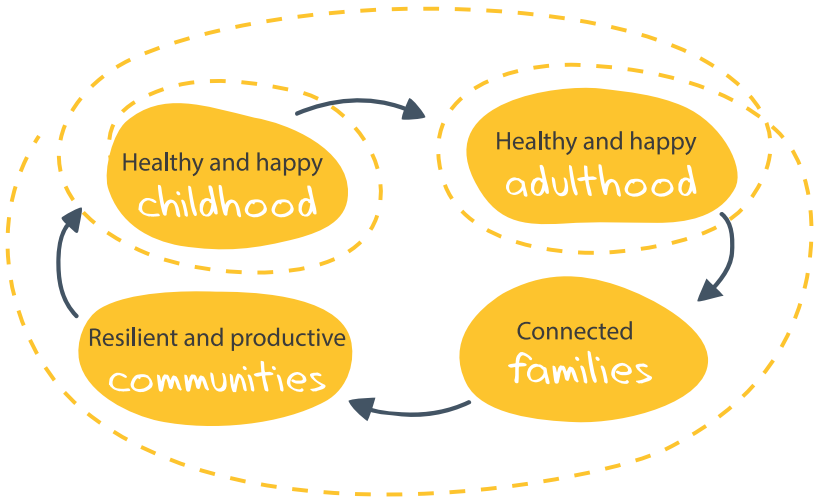




## PROJEMİZHAYAT

As 'Projemiz Hayat' team, our aim is to raise large-scale social awareness and our first of many projects is 'Mummy the Brain Builders' in which the objective is to raise awareness and create solutions to 'childhood emotional neglect'.

We are always here to support with our book, seminars, training programs, web site, volunteers and activities.



For detailed information: “Geleceğe Dokunan Anneler: Çocuklukta Duygusal İhmali Fark Etme, Tanıma, Önleme” (Mothers Who Impact The Future: Identifying, Noticing and Preventing Emotional Neglect During Childhood) (Epsilon Publication, 2020)

[www.gelecegedokunananneler.com](http://www.gelecegedokunananneler.com)   [gelecegedokunananneler](https://www.youtube.com/gelecegedokunananneler)

To support our project, you may visit: [phocagoods.com](http://phocagoods.com)