



**HOME RENAISSANCE FOUNDATION
WORKING PAPERS
Number 70**

**UpToYou, Emotional Education for Personal Growth in the
Early Years. Educating Interior Dispositions
José Víctor Orón**

Paper delivered at Home Renaissance Foundation IV International Conference: "A Home: a place of growth, care and wellbeing", Royal Society of Medicine, London, 16-17 November 2017

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Educating Interior Dispositions**

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Abstract

The aim of this article is to present how the UpToYou educational program understands how emotional education of young children should be understood in the family environment during the first years of life. To justify the proposal, we will go fundamentally to the studies in psychosocial development by Erik Erikson, the theory of attachment and social reference, the emotional development shown by Catherine Bridges and the need to welcome the emotional complexity for the healthy development that Carl Rogers showed. Our proposal has been conceptualized with the term "emotional integration" and would be a competitive proposal with the dominant one of "emotional regulation". At these ages, emotional regulation would focus on the child acquiring specific behaviors (routines), while emotional integration would focus on the child acquiring specific interior dispositions.

Full Paper

See Book: "People, Care and Work in the Home"

<https://homerenaissancefoundation.org/resource/people-care-and-work-in-the-home/>