

HOW TO ENCOURAGE YOUR CHILD'S POSITIVE MENTAL HEALTH



OBSERVE

Is your child acting differently?



COMMUNICATE

Encourage communication. Talk to your child frequently about how they feel.



ENCOURAGE

Teach your child coping mechanisms for when they feel overwhelmed.



SLEEP

Make sure your child is getting enough sleep for his or her age.



LISTEN

Ensure your child feels he or she is being heard.



REACH OUT

Don't be afraid to ask for help from doctors, counsellors, friends, etc.



PHYSICAL HEALTH

Ensure children are playing outside, being active or participating in sports.



EDUCATE

Learn about the signs of mental health.



COMPANIONSHIP

Allow time to spend with your child, and encourage time with friends.



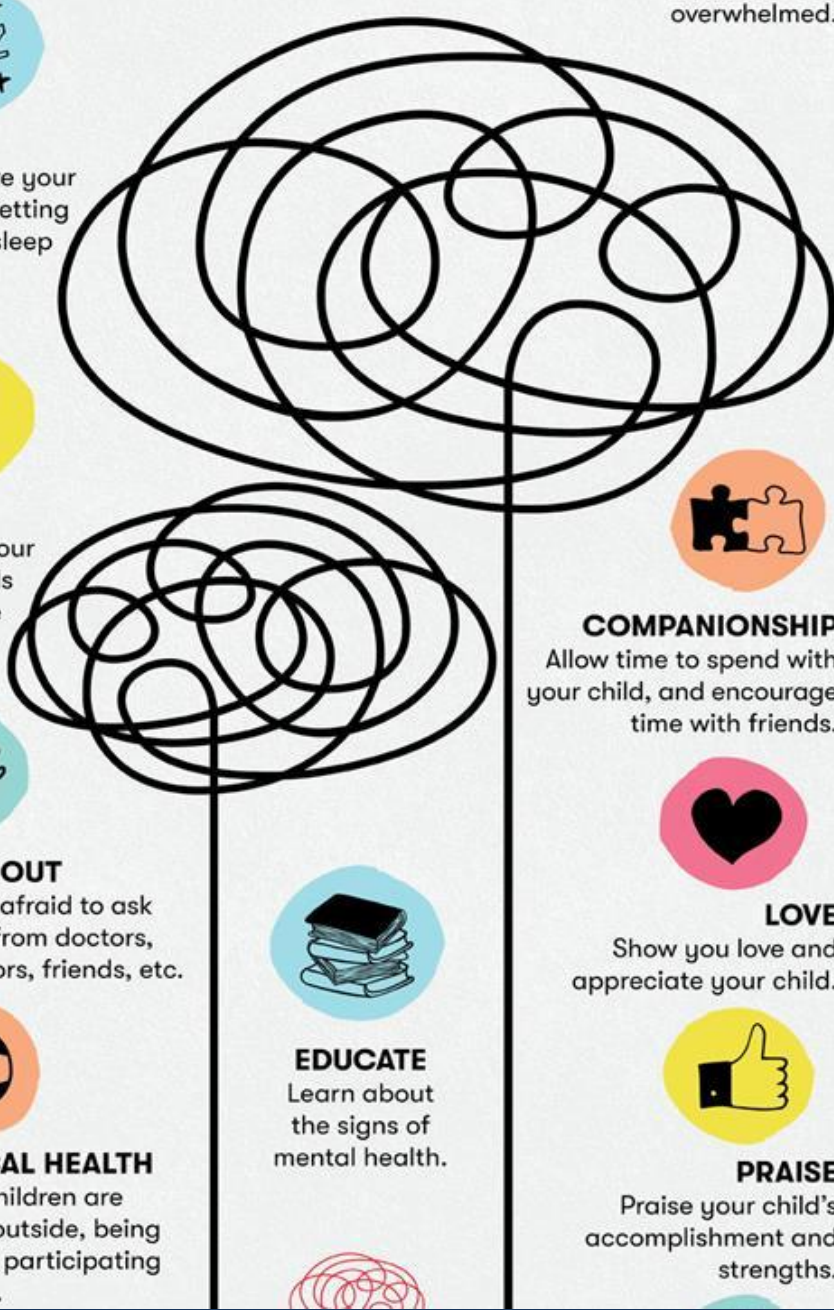
LOVE

Show you love and appreciate your child.



PRAISE

Praise your child's accomplishment and strengths.



Mindfulness:

Become a *DISTRACTION MANAGER*

Focus on **ONE** task at a time enjoying **each detail!**

Visualization:

Paint a *vivid picture* in your mind of the goal that you want to achieve!

Re-Framing:

Train your brain to *flip a bad situation* into a positive
E.g. Failure is feedback for your next attempt!

10 WAYS TO HELP YOUR CHILD LOOK AFTER THEIR MENTAL HEALTH

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ROLE MODEL

Be a positive mental health role model. Demonstrate positive behaviours which your child can learn from you



TALKING

Support your child to talk about their problems and how they are feeling



COPING SKILLS

Work with your child to develop coping skills. Support your child to learn skills such as problem solving and thought challenging

SLEEP

Support your child to build positive sleep habits. Develop a good sleep environment with your child



WELLBEING

Promote healthy eating and physical activity. Exercise is a great tool to boost mood and reduce stress and anxiety



PLAY

Promote play and creativity among your child. Allow them to explore



SELF CARE

Make sure your child has time and space to look after themselves. Involve yourself in their hobbies



AUTONOMY

Allow your child to make their own decisions. This will help to build resilience

RELAXATION

Help your child to relax. Teach them relaxation skills such as deep breathing



RELATIONSHIPS

Support your child to build positive relationships with friends and family



Resources:

Hospital for Sick Kids The ABC's of Mental Health <https://www.sickkidscmh.ca/ABC/Welcome.aspx>

Children's Mental Health Ontario <https://www.cmho.org/education-resources/parent-resources/>

Canadian Pediatric Society https://www.caringforkids.cps.ca/handouts/mental_health