

# How to Nurture a Child's Mental Health



Actively listen before offering your advice



Exercise patience



Share your feelings and validate theirs



Tell the truth



Model healthy behaviour



Surround them with positive influences



Be consistent and follow through with promises



Teach them how to be safe



Believe them and in them



Use open ended questions



Schedule time to focus only on them



Model forgiveness



Limit screen time for all



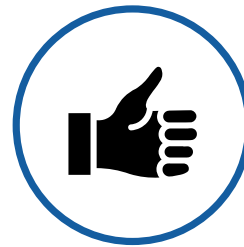
Give them cuddles



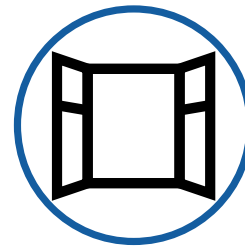
Practice relaxation exercises together



Be present



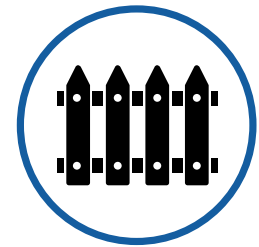
Recognise positive choices



View their behaviour as a window to their needs and feelings



Respond calmly when their emotions are involved



Set and respect boundaries-yours and theirs