

Mental health affects the way people think, feel and act. Taking care of our mental health is just as important as having a healthy body. As a parent, you play an important role in your child's mental health

Tips to nurture child's mental

Help children build strong, caring relationships

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- It's important for children and youth to have strong relationships with family and friends.
- Spend some time together each night around the dinner table.
- A significant person who is consistently present in a child's life plays a crucial role in helping them develop resilience.
- spend a lot of time with and knows they can turn to when they need help.
- Show your children how to solve problems.

Help children and youth develop self-esteem, so that they feel good about themselves:



- Show lots of love and acceptance.
- Praise them when they do well. Recognize their efforts as well as what they achieve.
- Ask questions about their activities and interests.
- Help them set realistic goals.

Listen, and respect their feelings:

- It's OK for children and youth to feel sad or angry. Encourage them to talk about how they feel.
- Keep communication and conversation flowing by asking questions and listening to your child.
- Mealtime can be a good time for talking.
- Help your child find someone to talk to if they don't feel comfortable talking to you.



Create a safe, positive home environment:

- Be aware of your child's media use, both the content and the amount of time spent on screens. This includes TV, movies, Internet, and gaming devices. Be aware of who they might be interacting with on social media and online games.
- Be careful about discussing serious family issues—such as finances, marital problems, or illness—around your children. Children can worry about these things.
- Provide time for physical activity, play, and family activities.
- Be a role model by taking care of your own mental health: Talk about your feelings. Make time for things you enjoy.

In difficult situations, help children and youth solve problems:

- Teach your child how to relax when they feel upset. This could be deep breathing, doing something calming (such as a quiet activity they enjoy), taking some time alone, or going for a walk.
- Talk about possible solutions or ideas to improve a situation and how to make it happen.



Seek Help if

If there are changes in the way they think, feel or act.



Changes in thinking

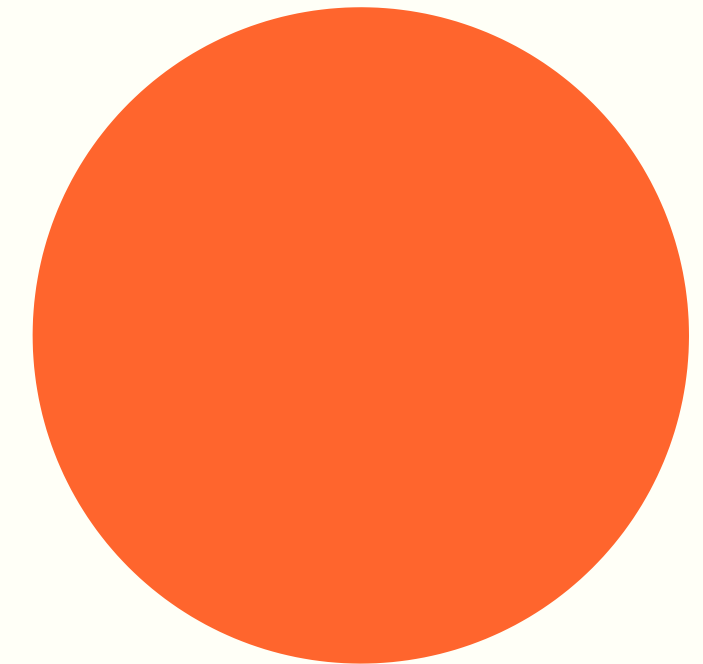
Saying negative things about themselves or blaming themselves for things beyond their control.
Trouble concentrating.
Frequent negative thoughts.
Changes in school performance.

Changes in feelings

Seeming very unhappy, worried, guilty, fearful, irritable, sad, or angry.
Feeling helpless, hopeless, lonely or rejected.

Changes in behaviour

Wanting to be alone often. Crying easily.
Showing less interest in or withdrawing from sports, games or other activities that they normally enjoy.
Over-reacting, or sudden outbursts of anger or tears over small incidents.
Seeming quieter than usual, less energetic



**Your child's
mental health
is more
important than
their grades.**

feel free to drop your worries

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ail.com**