

PARENT

Mental Health

A row of ten hands holding up large, colorful letters to spell out 'Mental Health'. The letters are in various colors: red, green, blue, pink, yellow, purple, green, red, blue, and purple. The hands are of different skin tones, representing diversity.

SUPPORT

A row of seven hands holding up large, colorful letters to spell out 'SUPPORT'. The letters are in various colors: pink, yellow, blue, green, yellow, red, and orange. The hands are of different skin tones, representing diversity.

FOR THEIR CHILDREN

WHY IT'S IMPORTANT TO DEVELOP POSITIVE MENTAL HEALTH HABITS WITH YOUR CHILD



4 Helps to build resilience and to help your child overcome setbacks



5 Helps your child to express their thoughts and feelings



6 Helps your child build a mental health support network



3 Helps your child to build and use regular coping skills



7 Helps your child to learn how to deal with stress and anxiety



2 Increases confidence in dealing with stressful situations



8 Helps to develop important skills for adolescence and adulthood



1 Contributes to developing all areas of your child's wellbeing



9 It takes a proactive rather than a reactive approach to improving mental health



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HOW TO NURTURE YOUR CHILD'S MENTAL HEALTH

Actively listen before offering
the advice

Teach to seek for help when
needed

Be patient

Share your feelings and validate
theirs

Surround them with healthy
behavior



Use open ended question


Set and respect boundaries

Have scheduled family time

Recognize positive choices

Tell the truth

HOW TO SUPPORT *YOUR CHILD'S* MENTAL HEALTH

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LOVE

Be there for your child and show care and love



EXERCISE

Encourage play, exercise and sport



BEHAVIOUR

Keep an eye out for any changes in behaviour



SUPPORT

Regularly support, encourage and praise your child



REST TIME

Help your child to manage stress by building in some rest time



BE PROUD

Tell your child that you are proud of them



PATIENCE

Be patient. Don't pressure your child



HELP

Don't be afraid to seek help from professionals



FEELING

Get to know how your child is feeling



EDUCATE

Educate yourself about mental health problems



PROBLEM SOLVING

Help your child to effectively problem solve



LISTEN

Make sure you take time to listen to what your child has to say



COPING

Help your child to learn some simple coping skills such as relaxation



SYMPTOMS

Be aware of signs and symptoms



CONVERSATION

Encourage your child to engage in conversation



ENVIRONMENT

Provide a positive environment for your child where they can thrive



How to nurture a child's mental health



Actively listen before offering your advice



Be patient



Share your feelings and validate theirs



Tell the truth



Model healthy behavior



Surround them with healthy adults



Be consistent and follow through with what you promise



Teach them how to be safe



Believe them and in them



Use open ended questions



Have scheduled family time



Limit electronic time for everyone



Reach out and hug them



Practice relaxation exercises together



Model forgiveness



Respond calmly when their emotions are elevated



View their behavior as a window to their needs and feelings



Make play and exercise a requirement



Recognize positive choices



Be present



Set and respect boundaries



12 COPING SKILLS TO USE AND PRACTISE WITH YOUR CHILD

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Each week spend some time with your child to talk about their thoughts and feelings



Try and focus on the here and now. Stay in the present moment



Engage in some deep breathing for a couple of minutes



When your child experiences negative thoughts help them to identify thinking errors



Choose an activity with your child and slow everything down. Breathe slower and move slower



Engage in some self care. Do things that provide you with rest and recovery



With your child write down 3 good things they have achieved in the day



Engage in some worry time and learn how to postpone worries



Identify some of your child's strengths and how they can use them in the next week



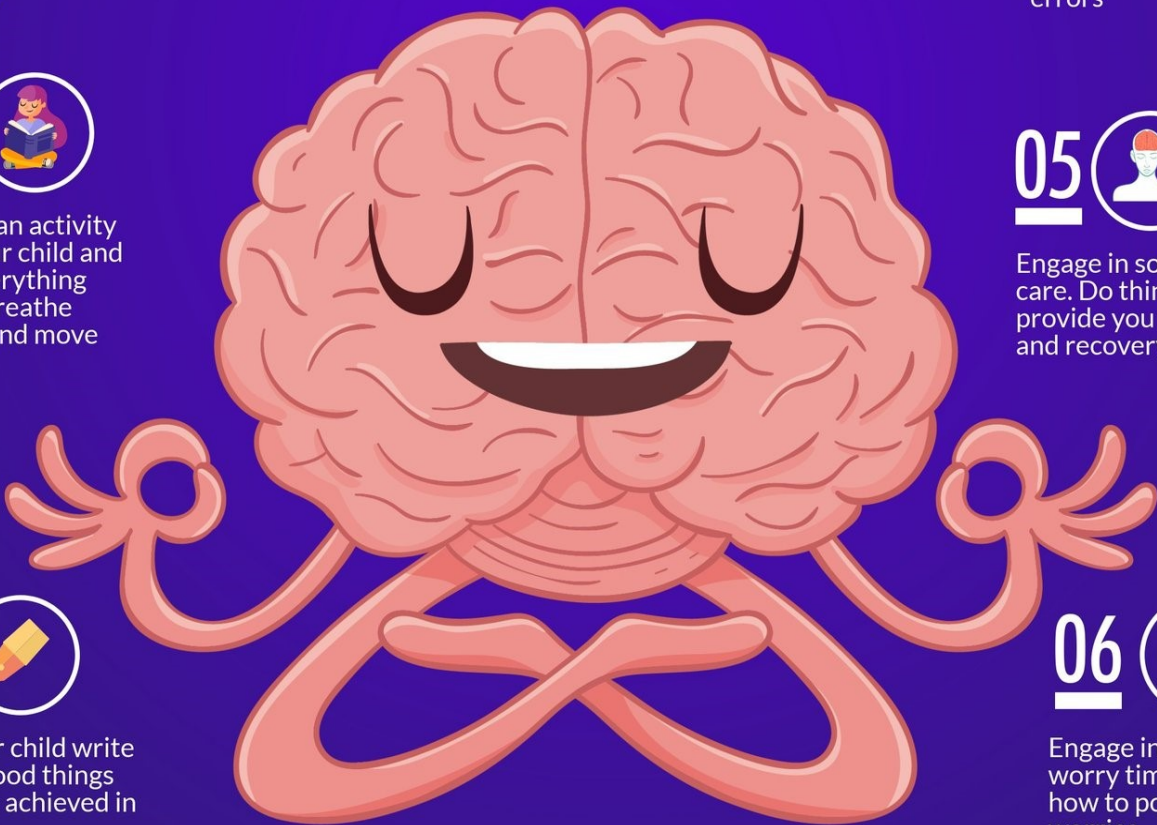
Find an activity you can both do mindfully. Use all your senses



Find a moment to get active together and do some exercise



Encourage your child to openly talk about their feelings and thoughts



HOW TO HELP YOUR CHILD MANAGE THEIR ANXIETY



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04



Teach your child about worry time and how they can use it every day

03



Help your child to identify thinking errors in their thoughts

02



Teach your child some relaxation skills such as deep breathing

01



Help your child to regulate their emotions

05



Support your child with writing down their thoughts and emotions

06



Help your child to recognise their triggers

07



Support your child in trying to reduce safety behaviours

08



Work with your child to identify solutions to their problems

09



Spend time to develop some coping strategies with your child

10



Make sure your child is eating a well balanced diet, sleeping well and exercising regularly

11



Help your child to challenge unhelpful thoughts



COPING STRATEGIES TO HELP CHILDREN STAY IN CONTROL OF THEIR THOUGHTS



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Distraction can be a useful technique to help keep your child's mind busy when they experience unhelpful thoughts



When your child experiences negative thoughts encourage them to fully engage in an activity using all their senses



Support your child to develop positive self talk through challenging unhelpful beliefs



Encourage your child to write down negative thoughts on a piece of paper. This can be a useful exercise to help clear their mind



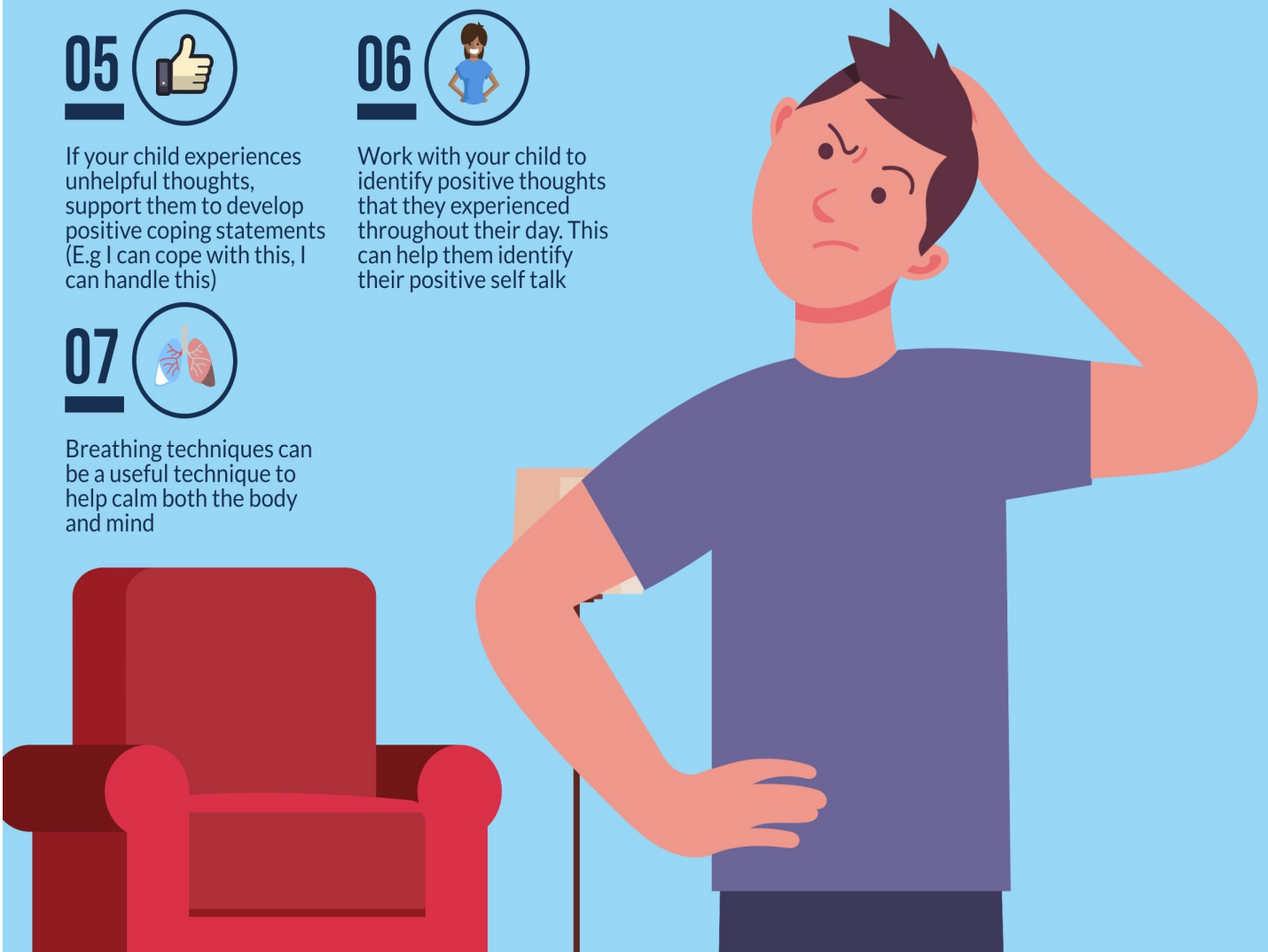
If your child experiences unhelpful thoughts, support them to develop positive coping statements (E.g I can cope with this, I can handle this)



Work with your child to identify positive thoughts that they experienced throughout their day. This can help them identify their positive self talk



Breathing techniques can be a useful technique to help calm both the body and mind



9 MENTAL HEALTH ACTIVITIES TO DO WITH YOUR CHILDREN



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WORRY TIME



- Set aside a time each day for your child worry. Discuss with your child how long the worry time will be for. In this time your child can write down their worries, discuss them with you or problem solve to overcome them.

THOUGHT CHALLENGING

- Help your child to write down any unhelpful thoughts they that experience. Try to challenge them with your child and come up with more realistic and helpful ones.

ACTIVITY PLANNING



- Create an activity diary with your child and help them to schedule in some pleasurable and achievement related activities.

TALKING ABOUT FEELINGS

- Why not create a time each week where your child can speak to you about their thoughts and feelings.



WELLBEING



- Support your child to look after their wellbeing. Cook healthy meals with them, exercise or play sport with them and make sure they are getting enough sleep.

3 GOOD THINGS



- Before bed spend some time with your child to identify and write down three good things they achieved from the day.

IMAGERY

- Work with your child to imagine themselves in an imaginary future where everything has turned out in a positive way.

BEING PRESENT



- Help your child to be present and live in the moment. Go for a walk and see how many different things you can both take in with all your senses.

THOUGHT TESTING

- Try setting out some simple activities to help your child test out the validity of a thought.



10 WAYS TO HELP A STUDENT WHO IS EXPERIENCING LOW MOOD



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1



Take time to listen to them. Be patient and understanding with what they have to say

2



Help them learn some coping skills such as deep breathing or mindfulness activities

3



Help them to find the right support (school counsellor, doctor)

4



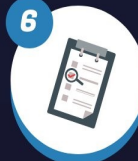
Help them to tap into positive emotions by identifying their strengths

5



Help them to connect with people close to them (friends, family)

6



Work with them to set some small goals they can achieve each day

7



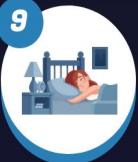
Encourage them to take part in activities that provide them with a sense of achievement

8



Support them to engage in some self care activities throughout their week

9



Make sure they are getting enough sleep and eating a well balanced diet

10



Encourage them to take part in exercise and to stay active



10 WAYS TO BUILD CONFIDENT CHILDREN

Give praise when it's due

Praise your child
when they do
something
correctly.

Success

Create opportunities
for your child to
experience success

Feedback

Young children rely
heavily on adult
feedback. Make
feedback meaningful
and positive

Constructive Criticism

Provide constructive
criticism. Don't yell at
your child. Help them
to be the best they
can be

Develop Autonomy

Let your child make
their own decisions so
they gain confidence in
their own judgement

Accomplishments

Allow your child to be
proud of their
accomplishments

Be a role model

Set an example to your
child. Be a role model
and react positively to
your child

Don't overcontrol

Allow your child to
express their creativity.
Don't start to control
everything they do

Promote problem solving

Help your child to solve their own
problems. This will make them feel more
confident in their abilities

Avoid labels

Ensure your child has a
positive view of themselves



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7 Steps of Relaxation

relax Kids

MOVE

Warm up exercise for energy & fun

PLAY

Activity games for vitality, creativity & joy

STRETCH

Stretching for balance, inner strength & power

FEEL

Peer/Self massage for self awareness, empathy and respect

BREATHE

Breathing exercises for improved health, anxiety & inner calm

BELIEVE

Affirmations for self esteem, confidence & positivity

RELAX

Visualisations for deep relaxation, Imagination & peace