

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.



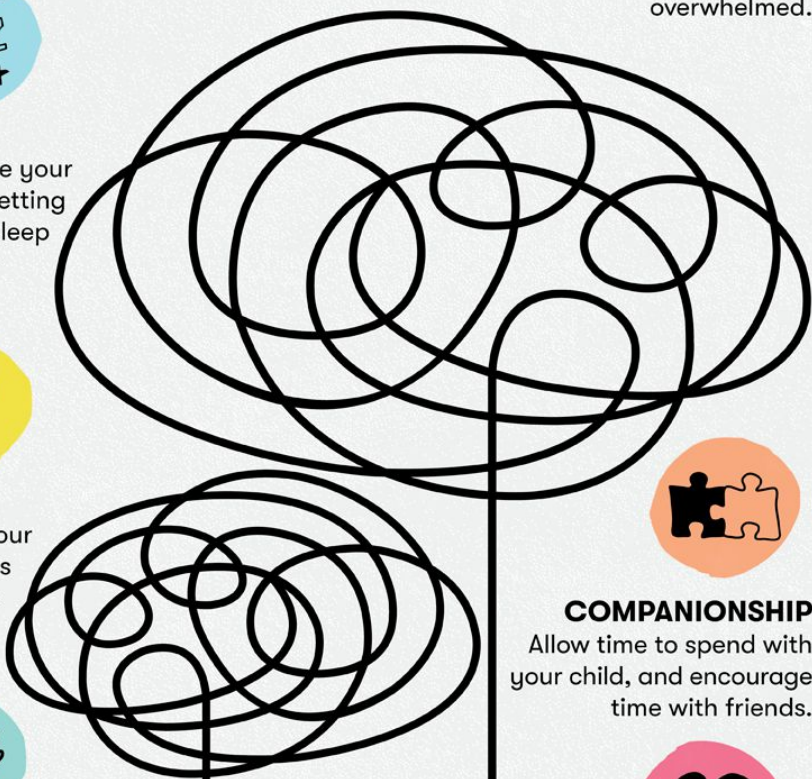
PHYSICAL HEALTH

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



MONITOR ACTIVITY

Allow your child time to relax and play.



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.



ENVIRONMENT

Make sure your home is a safe and comfortable place for your children.



EDUCATE

Learn about the signs of mental health.



**tutor
doctor**

How learning hits home.