

10 WAYS PARENTS CAN SUPPORT THEIR CHILDREN TO BUILD

Mental Health Habits



1 Encourage your child to openly talk about their feelings and thoughts



6 Highlight the importance of looking after both physical and mental health



2 When your child is worrying help them to effectively problem solve



7 Be a mental health role model. Demonstrate positive behaviours



3 Support them to connect and build positive relationships with others



8 Praise, encourage, motivate and regularly support your child to build their self esteem



4 Encourage them to look after their physical health (Sleep, food, exercise)



9 Work together to learn some coping skills such as deep breathing



5 Help them to stay focused on the present moment using mindfulness



10 As your child grows up encourage and support autonomy

If your child is struggling with mental health contact **956.388.1300** or visit STHS Behavioral Center for a consultation.