

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
- Be present
- 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
- Set and respect boundaries

