

Nurture Your Child's Mental Health

Did you know that mental health is just as important as body health? Your mental health impacts how you feel, act, and think. In 2012, it was found that one out of every five children and youth in Canada had a diagnosed mental health disorder. This is an alarming number. The good news is that parents can help nurture their child's mental health in different ways:



- Spend some time with your child each day by eating at the dinner table or by helping them with their homework. This quality time will help build a strong relationship with your child and will teach them how to build strong relationships in the future.
- Help your child feel good about themselves by building up their self-esteem. To do this, recognize their efforts as well as their accomplishments. Show them you love them and show interest in things they're interested in.
- Respect and listen to your child. Encourage your children to share their feelings, and listen to them when they talk. Talk about your feelings as well to set a good example.
- Keep the home positive and safe. Monitor their use of media, such as TV and the internet, and allow time for physical activity.
- Teach your child how to handle difficult situations. Teach them how to relax when they are upset, such as by going for a walk or taking deep breaths. Encourage them to think about possible ways to make the situation better, don't tell them what to do.

Adapted from Caring for Kids:

http://www.caringforkids.cps.ca/handouts/mental_health

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