

# 10 WAYS

## TO SUPPORT YOUR CHILD IN BUILDING POSITIVE MENTAL WELLNESS HABITS

- 1** ENCOURAGE YOUR CHILD TO TALK OPENLY ABOUT THEIR THOUGHTS AND FEELINGS
- 2** SUPPORT THEM TO CONNECT AND BUILD POSITIVE RELATIONSHIPS WITH OTHERS
- 3** HELP THEM STAY FOCUSED ON THE PRESENT MOMENT
- 4** PRAISE, ENCOURAGE, MOTIVATE, AND OFFER SUPPORT REGULARLY
- 5** BE A MENTAL HEALTH ROLE MODEL
- 6** WORK TOGETHER TO LEARN COPING STRATEGIES
- 7** AS YOUR CHILD GROWS, ENCOURAGE AND SUPPORT INDIVIDUALITY
- 8** HELP YOUR CHILD EFFECTIVELY PROBLEM SOLVE WHEN THEY ARE WORRIED
- 9** ENCOURAGE THEM TO LOOK AFTER THEIR PHYSICAL HEALTH
- 10** HIGHLIGHT THE IMPORTANCE OF BOTH PHYSICAL AND EMOTIONAL WELLBEING



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