

10 WAYS PARENTS CAN SUPPORT THEIR CHILDREN TO BUILD POSITIVE MENTAL HEALTH HABITS



01
Encourage your child to openly talk about their feelings and thoughts.



02
When your child is worrying help them to effectively problem solve.



03
Support them to connect and build positive relationships with others.



04
Encourage them to look after their physical health (Sleep, food, exercise).



05
Help them to stay focused on the present moment using mindfulness.



06
Highlight the importance of looking after both physical and mental health.



07
Be a mental health role model. Demonstrate positive behaviours.



08
Praise, encourage, motivate and regularly support your child to build their self esteem.



09
Work together to learn some coping skills such as deep breathing.



10
As your child grows up encourage and support autonomy.

 @BELIEVEPHQ

