

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 regular 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

