

# 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



Practice relaxation exercises together



Have scheduled family time



Limit electronic time for everyone



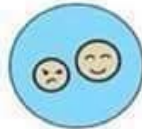
Reach out and hug them



Model forgiveness



Recognize positive choices



Respond calmly when their emotions are elevated



View their behavior as a window to their needs and feelings



Make play and exercise a requirement



Be present



Set and respect boundaries