# 10 WAYS TO HELP YOUR CHILD LOOK AFTER THEIR MENTAL HEALTH

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Support your child to

build positive sleep habits. Develop a

environment with

### **ROLE MODEL**

Be a positive mental health role model.
Demonstrate positive behaviours which your child can learn from you

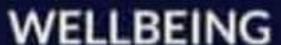


### TALKING

Support your child to talk about their problems and how they are feeling

## **COPING SKILLS**

Work with your child to develop coping skills. Support your child to learn skills such as problem solving and thought challenging



Promote healthy eating and physical activity. Exercise is a great tool to boost mood and reduce stress and anxiety

#### PLAY

SLEEP

good sleep

your child

Promote play and creativity among your child. Allow them to explore



Make sure your child has time and space to look after themselves. Involve yourself in their hobbies

## **AUTONOMY**

Allow your child to make their own decisions. This will help to build resilience

## RELATIONSHIPS

Support your child to build positive relationships with friends and family



Help your child to relax. Teach them relaxation skills such as deep breathing

