

10 THINGS PARENTS CAN DO TO NOURISH THEIR CHILD'S MENTAL HEALTH

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Provide them with autonomy. Allow them to make their own decisions



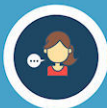
Emphasise the importance of good sleep, eating healthily and exercise



Listen, listen, listen. Be patient and present when talking to your child



Support your child to develop positive relationships with family and friends



Talk your child. Help them to express their thoughts and feelings



Make sure your child feels loved, valued and safe



Provide your child with opportunities to play and be creative



Role model positive mental health. Highlight the importance of self care and looking after yourself



Learn some simple coping skills such as relaxation and deep breathing. Practice them with your child



Involve yourself with your child's hobbies. Support and praise them

