

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

