



Children First
Early Education

How to Nurture a Child's Mental Health

Model forgiveness

Be present

Be patient

Respond calmly when their emotions are elevated

Actively listen before offering your advice

Use open ended questions

Share your feelings and validate theirs

Make play and exercise a requirement

Tell the truth

Recognise positive choices

Model healthy behaviour

Set and respect boundaries

Surround them with healthy adults

View their behaviour as a window to their needs and feelings

Be consistent and follow through with what you promise

Teach them how to be safe

Believe them and in them

Reach out and hug them

Have scheduled family time

Limit electronic time for everyone

Practice relaxation exercises together

