



How to Nurture a Child's Mental Health

Model forgiveness

Respond calmly when their emotions are elevated

Use open ended questions

Make play and exercise a requirement

Recognise positive choices

Set and respect boundaries

Be present

Actively listen before offering your advice

Share your feelings and validate theirs

Tell the truth

Model healthy behaviour

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

