

4 Simple Ways to Promote Optimal Mental Health for Children Ages 5 - 12

Work Through Emotions Together

- When your child expresses a concern, give them your attention or let them know when you'll be ready to listen.
- Acknowledge and empathize with their feelings.
- Explore healthy outlets for expressing emotions, such as drawing, writing, listening to music or having a conversation.

Be a Champion for Your Child

- Emphasize their strengths and celebrate their accomplishments.
- Advocate for their unique needs.

If your child is having a hard time, know there could many reasons for this. Ask what you can do to support them.

Discuss Mental Health Openly

- Recognize that children can develop a mental illness just like they can develop a physical illness.
- Know that getting an assessment and early intervention can support optimal mental health for your child.

Maintain Routines

- Communicate expectations and routines with reason and respect.
- Be flexible with yourself and your child.
- Focus on building consistency, not perfection.