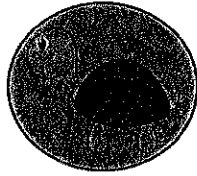


How to nurture a child's mental health



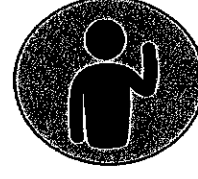
Actively listen
before offering
your advice



Be patient



Share and validate
their feelings



Tell the truth



Model healthy
behavior



Surround them
with healthy adults



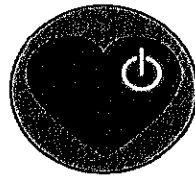
Teach them
how to be safe



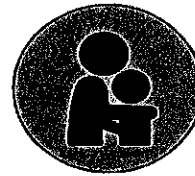
Use open ended
questions about
everything



Have scheduled
family time



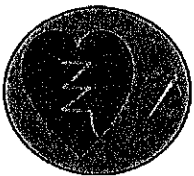
Limit electronic
time for everyone



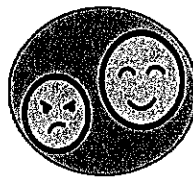
Reach out
and hug them



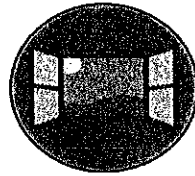
Practice
relaxation
exercises
together



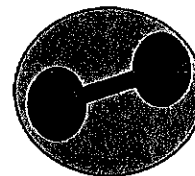
Model
forgiveness



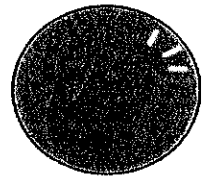
Respond calmly
when their
emotions are
elevated



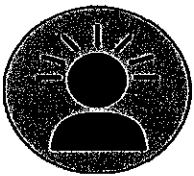
View their
behavior as a
window to their
needs and feelings



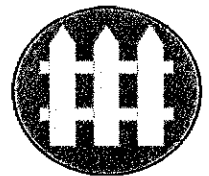
Make play
and exercise
a requirement



Recognize
positive choices



Be present



Set and respect
boundaries

