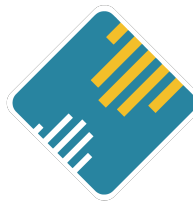


# 10 Tips for Children's Mental Health



**Gateway Longview**  
*protect • enrich • give hope*



## 1. Take Care of YOUR Mental Health

Modelling good habits is the best way to create a supportive environment for your children! Our kids look to us to know how to handle new situations.



## 2. Build Trust

Creating a safe and secure place for your children is key to building a sturdy relationship. Being consistent, honest, and caring will help them see you as a trustworthy source.



## 3. Foster Health Relationships

A mentally healthy child needs relationships with those other than their parents; including grandparents, cousins, and friends. This is a tricky tip to follow right now, but video chats can help!



## 4. Be Consistent

Children need predictability and structure in order to thrive. Knowing what activity will be next, and knowing the consequences of breaking through rules will help them to monitor their feelings. A daily schedule or calendar can help them navigate uncertainty.



## 5. Teach Stress Management

Teaching your kids the skills to deal with tricky situations will help them build their mental strength. Some coping mechanisms include meditation, exercise, and journaling.



## 6. Establish Health Eating Habits

A good diet, a restful night's sleep, and frequent exercise are all key to keeping the mind and body healthy.



## 7. Develop Self-Esteem

Parents and Guardians should work to build their child's self-esteem and they should teach the child's own self-esteem. Providing realistic praise, opportunities for independence, and helping them develop their own healthy self-talk are all ways to help your kid develop positive self-esteem!



## 8. Play Together!

Taking time away from life's obligations to play is vital to a child's mental health. Play together! Laughing and playing together can also strengthen your bond.



## 9. Watch for Red Flags

We all do our best, but be on the lookout for issues concentrating, an inability to sit still, or struggling with focusing on a task could warrant a call to your child's doctor. But not to worry, sometimes a little bit of stress can cause one of these signs, but usually they subside.



## 10. Seek Professional Help

An estimated 21% of children with a mental health issue actually get the treatment they need. Counseling can help your child, and also provide resources for the parent.