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.