

How to Help Your Child Achieve Good Mental Health and Well-being

Self-regulation

Be able to deal with stressors and get back to being ourselves



Temperament

Experience, manage and express a full range of emotions



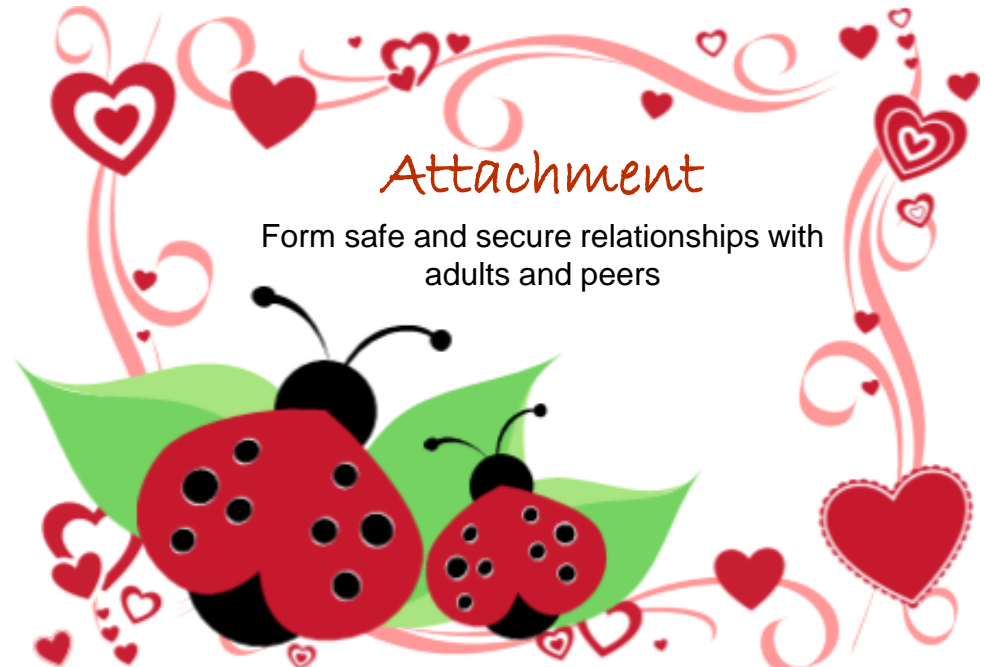
Resilience

Being able to bounce back from adversity in a positive way



Attachment

Form safe and secure relationships with adults and peers





Self-regulation

Create a safe and positive home environment: Provide time for physical activities, play and family activities.

Be able to solve problems in difficult situations: Teach them to relax when they feel upset, talk about possible solutions and how to make it happen without taking over.



Temperament

We have all individual personality traits: Understand yourself, discover who your child is and how they interact with the world.

Listen and respect their feelings: It is OK for a child to feel sad or angry, encourage them to talk about how they feel.



Resilience

Develop self-esteem so they feel good about themselves: Show lots of love and acceptance, praise them when they do well, recognize their efforts as well as their achievements, help them to set realistic goals.

Be a role model by taking care of your own mental health.



Attachment

Build strong, caring relationships: Be a significant person in your child's life by spending time with them and be available for them to turn to when they need help.

Sources: https://www.caringforkids.cps.ca/handouts/mental_health
<https://www.participation.com/en-ca/benefits-and-guidelines/early-years-0-to-4>
<https://www.headwayclinic.ca/5-tips-for-nurturing-childrens-mental-health-wellness/>
<https://www.reachinginreachingout.com/resources-parents.htm>