



We all know about the importance of encouraging our kids to be physically healthy, but what about supporting good mental health?

Parents can promote positive mental health in many ways, and it's never too early – or late – to start.

Ensure regular, quality time together.

Promote assertiveness: Encourage your child to respectfully communicate their needs.

Cultivate curiosity: Inspire your child to explore and try new things.

Encourage your child to name and describe their emotions.

Lead by example: Model positive ways of managing feelings like anger or sadness.

Work together to develop a 'coping kit' with strategies and activities to help manage strong feelings.

Help your child find ways to cope with setbacks.

Reassure and praise your child in specific ways: focus on effort, not achievement.

Support your child to challenge and work through unhelpful self-talk.

Practise mindfulness together.

Supporting your child's mental wellbeing is a positive, proactive life measure, just like encouraging them to eat their vegetables.

Speak to your GP, contact Lifeline



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