How to nurture a child's mental health

Actively listen before offering your advice

Be patient

Share your feelings and validate theirs

Tell the truth

Model healthy behavior

Surround them with healthy adults

Mental Fills

Be consistent and follow through with what you promise

Teach them how to be safe

Believe them and in them

Use open ended questions

Have scheduled family time

Limit electronic time for everyone

Reach out and hug them

Practice relaxation exercises together

Model forgiveness

Recognize positive choices

Respond calmly when their emotions are elevated

View their behavior as a window to their needs and feelings

Make play and exercise a requirement

Be present

Set and respect boundaries