

# 4 Simple Ways to Promote Optimal Mental Health for Young Children Ages 0 - 5

## Help Your Child Navigate Emotions & Transitions

- + Name your child's feelings: "You seem frustrated. You might be confused about what is going on."
- + Use language to tell your child what is coming: "In two minutes, we'll clean up our toys and run an errand."

## Model Managing Your Own Emotions

- + Name your feelings aloud: "I'm feeling really bummed we can't..."
- + Show healthy ways of coping: "I'm going to take deep breaths because I'm feeling frustrated."
- + Care for yourself by moving your body, saying 'no' to unnecessary commitments and spending time with people who encourage you.

## Make a Routine with Your Child

- + Read a book together each night before bedtime.
- + Put your child down for a nap in the same way each day.
- + Check the weather together each morning when you wake up.

## Follow Your Child's Lead & Delight in Play

- + Join in an activity with your child and mirror what they do.
- + Get down on their level.
- + Praise your child.
- + Enjoy your child: "I just love spending time with you."
- + Smile and laugh with your child.