

# 4 Simple Ways to Promote Optimal Mental Health for Children Ages 5 - 12

## Work Through Emotions Together

- + When your child expresses a concern, give them your attention or let them know when you'll be ready to listen.
- + Acknowledge and empathize with their feelings.
- + Explore healthy outlets for expressing emotions, such as drawing, writing, listening to music or having a conversation.

## Be a Champion for Your Child

- + Emphasize their strengths and celebrate their accomplishments.
- + Advocate for their unique needs.
- + If your child is having a hard time, know there could be many reasons for this. Ask what you can do to support them.

## Discuss Mental Health Openly

- + Recognize that children can develop a mental illness just like they can develop a physical illness.
- + Know that getting an assessment and early intervention can support optimal mental health for your child.

## Maintain Routines

- + Communicate expectations and routines with reason and respect.
- + Be flexible with yourself and your child. Focus on building consistency, not perfection.