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 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.