## 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

Mental



Model healthy behavior



Surround them with healthy adults



Teach them how to be safe





with what you promise

Be consistent and follow through



Believe them and in them



Use open ended questions



Have scheduled family time



Limit electronic time for everyone and hug them



Reach out



Practice relaxation exercises together



Model forgiveness



Respond calmly when their emotions are elevated



View their behavior as a window to their needs and feelings



Make play and exercise a regulrement



Recognize positive choices



Set and respect boundaries



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