



40 Ways to Strengthen a Child's Mental Health Today

EMOTIONS

- Let them cry.
- Validate their feelings
- Establish Routines
- Respect their boundaries
- Talk about feelings often
- Teach them how to journal
- Teach emotions words
- Know behavior is communication
- Teach body safety

PHYSICAL

- Give them responsibilities
- Provide a safe living environment
- Healthy diet _____
- Restrict and monitor screentime
- Practice mindfulness together
- Love them unconditionally
- Listen first, talk second
- Provide positive physical touch
- Have family meetings
- Be on your child's team

LOVE

- Eat family meals
- Play board games
- Connect with your child daily
- Create family rituals
- Encourage frequent exercise
- Get outdoors often

PLAY

- Provide lots of time for play
- Allow healthy risks
- Use collaboration over control
- Praise effort over achievement
- Use natural consequences
- Support their friendships
- Be consistent and follow through

TEACH

- Replace yelling with teaching
- Model honesty
- Encourage independence
- Teach Growth Mindset
- Accept mistakes
- Set healthy limits
- Nurture your child's gifts/talents