



# How to Nurture a Child's Mental Health

*Model forgiveness*

*Be present*

*Be patient*

*Respond calmly when their emotions are elevated*

*Actively listen before offering your advice*

*Use open ended questions*

*Share your feelings and validate theirs*

*Make play and exercise a requirement*

*Tell the truth*

*Recognise positive choices*

*Model healthy behaviour*

*Set and respect boundaries*

*Surround them with healthy adults*

*View their behaviour as a window to their needs and feelings*

*Be consistent and follow through with what you promise*

*Teach them how to be safe*

*Believe them and in them*

*Reach out and hug them*

*Have scheduled family time*

*Limit electronic time for everyone*

*Practice relaxation exercises together*

