

# 10 WAYS PARENTS CAN SUPPORT THEIR CHILDREN TO BUILD POSITIVE MENTAL HEALTH HABITS



**01**  
Encourage your child to openly talk about their feelings and thoughts



**02**  
When your child is worrying help them to effectively problem solve



**03**  
Support them to connect and build positive relationships with others



**04**  
Encourage them to look after their physical health (Sleep, food, exercise)



**05**  
Help them to stay focused on the present moment using mindfulness



**06**  
Highlight the importance of looking after both physical and mental health



**07**  
Be a mental health role model. Demonstrate positive behaviours



**08**  
Praise, encourage, motivate and regular support your child to build their self esteem



**09**  
Work together to learn some coping skills such as deep breathing



**10**  
As your child grows up encourage and support autonomy

 @BELIEVEPHQ

