## 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



Model healthy behavior



Surround them with healthy adults



Teach them how to be safe





Be consistent and follow through with what you promise



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 requirement



Recognize positive choices



Set and respect boundaries



Be present



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