

How to nurture a child's mental health



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HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH

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LOVE

Be there for your child and show care and love



EXERCISE

Encourage play, exercise and sport



BEHAVIOUR

Keep an eye out for any changes in behaviour



SUPPORT

Regularly support, encourage and praise your child



REST TIME

Help your child to manage stress by building in some rest time



BE PROUD

Tell your child that you are proud of them



PATIENCE

Be patient. Don't pressure your child



HELP

Don't be afraid to seek help from professionals



FEELING

Get to know how your child is feeling



EDUCATE

Educate yourself about mental health problems



PROBLEM SOLVING

Help your child to effectively problem solve



LISTEN

Make sure you take time to listen to what your child has to say



COPING

Help your child to learn some simple coping skills such as relaxation



SYMPTOMS

Be aware of signs and symptoms



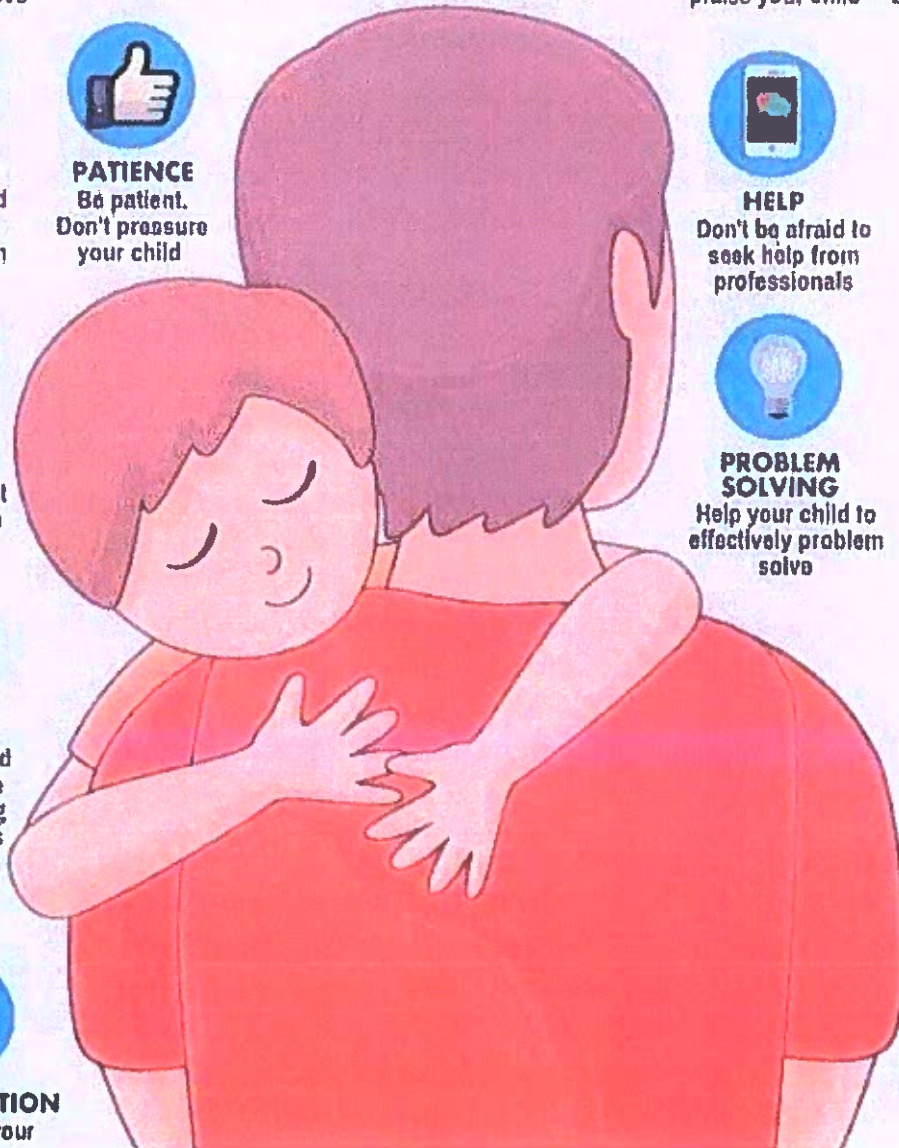
CONVERSATION

Encourage your



ENVIRONMENT

Provide a positive environment for your child where



#TEACHABLEMOMENTS

EMOTIONAL AWARENESS

IN EVERYDAY SITUATIONS



EMOTIONS COME NATURALLY TO
US ALL. HOW ARE WE
SUPPOSED TO TEACH OUR CHILDREN
HOW TO UNDERSTAND ALL THESE FEELINGS?



WHEN YOUR CHILD IS
SHOWING HIS/HER EMOTIONS,
MAKE SURE TO ENGAGE THEM
WITH YOUR FULL ATTENTION.



LABEL HIS/HER EMOTIONS WITH
SIMPLE WORDS SO THAT THEY
CAN LEARN WHICH
WORDS DESCRIBE THEM.

PROUD SCARED EMBARRASSED
THANKFUL
HAPPY SAD WORRIED
EXCITED

MAKE SURE THAT YOUR CHILD
REALIZES THAT OTHERS HAVE
FEELINGS JUST LIKE THEY DO.



CASUALLY COMMENT ON YOUR
CHILD'S EMOTIONS AS THEY
EXPERIENCE THEM. THIS WILL HELP
THEM MAKE A CONNECTION
WITH EACH ONE IN THE MOMENT.


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Trauma in Children... & What We Can Do to Help

Guest Contributor:
Jessica Barreca, PT, DPT
Infographic created
by SeekFreaks

2008 Philadelphia Adverse Childhood Experiences (ACEs) Study



37% of Adults
Experienced 4+ ACE
80% of Adults
Experienced at least 1 ACE

Adverse Childhood Experiences (ACEs) Indicators

Sexual abuse
Physical abuse
Emotional abuse
Racism
Bullying
Physical neglect
Emotional neglect
Foster care
Domestic violence
Caregiver incarceration
Household mental illness
Parental separation/divorce
Household substance abuse
Witness of violence



Impact of Trauma

Learning problems
Behavior problems
Cognitive delays
Lung cancer
COPD
Substance abuse
Death at a younger age
Ischemic heart disease
Social development delays
Language development delays



What We Can Do in Early Intervention

Model responsive
relationships for parents
Collaborate with caregivers & team
to improve family self-efficacy to
healthy discipline, stress
management & coping strategies



What We Can Do in Schools

Advocate to bring trauma-
informed practice to schools
Provide teachers with resources &
support to facilitate social-
emotional skill, self-regulation &
essential life skill development



What We Can Do in the Community

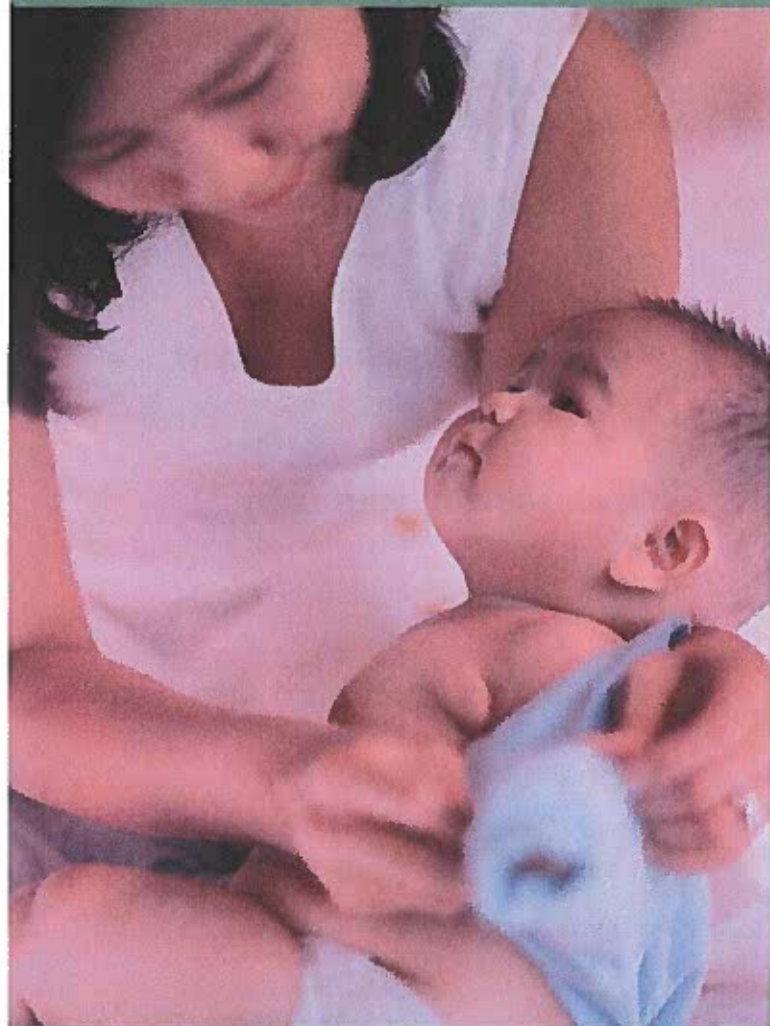
Raise awareness of prevalence
& impact of trauma
Advocate & plan for safe community
recreational activities to provide
opportunities for positive adult
modeling & peer socialization.

For more info on trauma-informed practice and other pediatric topics, visit www.seekfreaks.com



5 Simple Tips

To Support Your **Infant's**
Social Emotional Health During



Dressing

- 1 Talk about what you are doing.**
"Mila, Daddy is going to put your shirt on now."
- 2 Practice patience.**
"David, this shirt is hard for mommy to get over your head, I am going to try a different way."
- 3 Leave extra time.**
"It will be time to go to child care soon, let's get you ready Sasha."
- 4 Offer positive words.**
"Ellen you wiggled your foot into the sock. Way to go!"
- 5 Have fun.**
"We got your shirt on Dedrea, let's clap your hands!"

You Are Your Child's First Teacher!

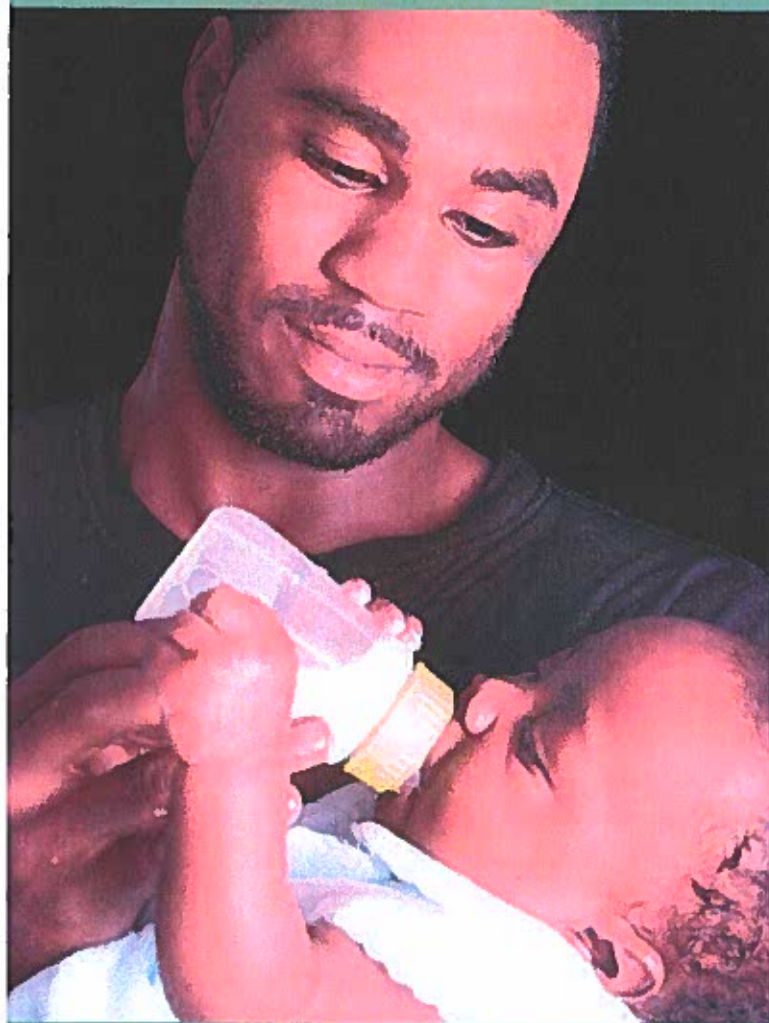
Together, you and your infant can make dressing a special time for connecting. When you show patience and use gentle words, your infant learns from you how to be kind and patient. When you talk positively about what you are doing together your child learns that you like taking care of them, *"Daddy is going to dress you in warm clothes today for our walk, it's chilly outside."*





5 Simple Tips

To Support Your **Infant's**
Social Emotional Health During



Meal Time

- 1 Hold your baby while feeding.**
"I am going to feed you now Brayden. Mommy is going to find a comfortable spot for us."
- 2 Look in their eyes and connect.**
"I see you looking at me Gabe, I love looking at you too."
- 3 Talk and sing to your baby while feeding.**
"You like the orange carrots Calvin, I see that smile!"
- 4 Consider breastfeeding.**
"Let's find a cozy spot for mommy to feed you Jeremiah."
- 5 Notice signs from your baby that say, "I am done" or "I need more."**
"Kara you are turning your head away, I think you are all done eating."

You Are Your Child's First Teacher!

You and your baby can connect during mealtimes through cooing, singing and looking at each other. Babies love your face and voice. You help them to feel safe when you speak gently. When you know what your baby needs and react, for example by feeding them, it sends a message to your baby that their needs are important.

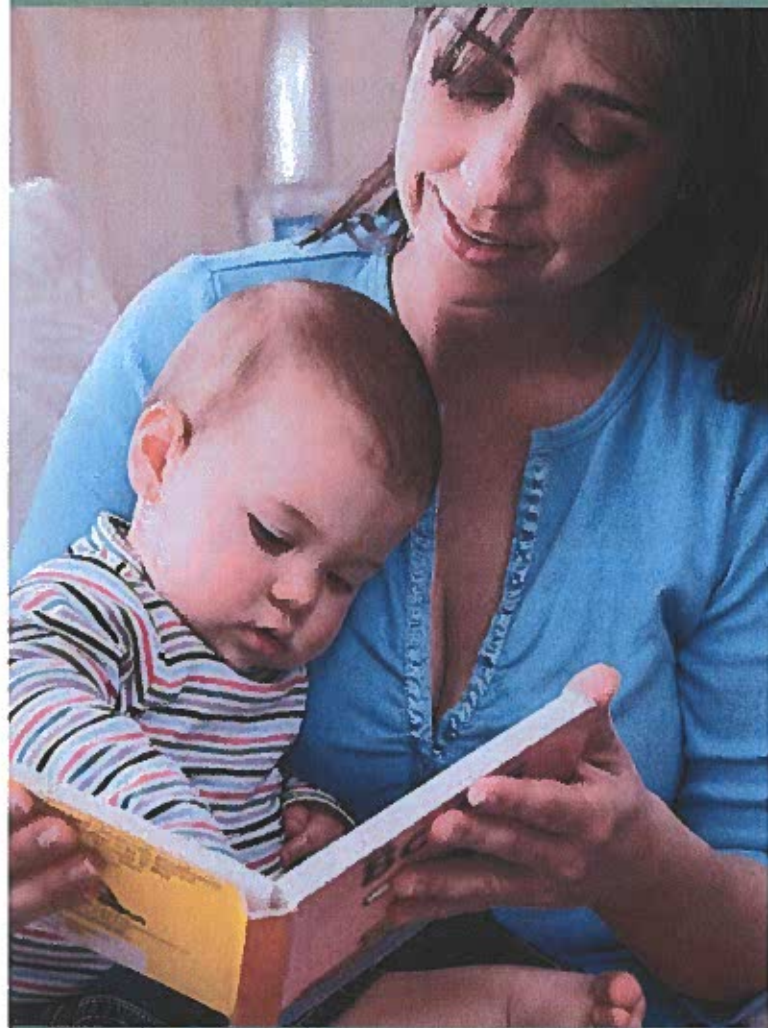


FOR
FAMILIES



5 Simple Tips

To Support Your **Infant's**
Social Emotional Health During



Play Time

- 1 Follow their interests.**
Lily, I see you bouncing to the music, let's dance together!"
- 2 Talk about what you see.**
"Sal, look at those big, red apples! Do you want to hold one for me?"
- 3 Sing and read.**
That's it David, snuggle in and let's look at this story together."
- 4 Offer encouragement.**
"Helena, you almost rolled over, come on big girl, let's try again!"
- 5 Have fun and laugh together.**
"Daddy loves your giggles, Talia!"

You Are Your Child's First Teacher!

Infants are wired to learn and connect with people they love. Playing with your baby every day builds your parent-child bond. When you sing, read and talk with your baby and look into their eyes, it helps their brain to grow.



FOR
FAMILIES



5 Simple Tips

To Support Your **Infant's**
Social Emotional Health During



Rest Time

- 1 Create a routine.**
"Time to take a bath Gia and then we'll get ready for your nap."
- 2 Use routines across settings.**
"Let's pack your favorite book and blanket for Ms. Joslyn to use with you at child care today Jayden."
- 3 Leave time for transitioning.**
"We have had fun playing Hanna, let's go for our walk before bed time."
- 4 Take care of the basics.**
"Justin, let's change your diaper before you rest."
- 5 Take time to refuel.**
"Nina, daddy has to take a break too so we can play again later."

You Are Your Child's First Teacher!

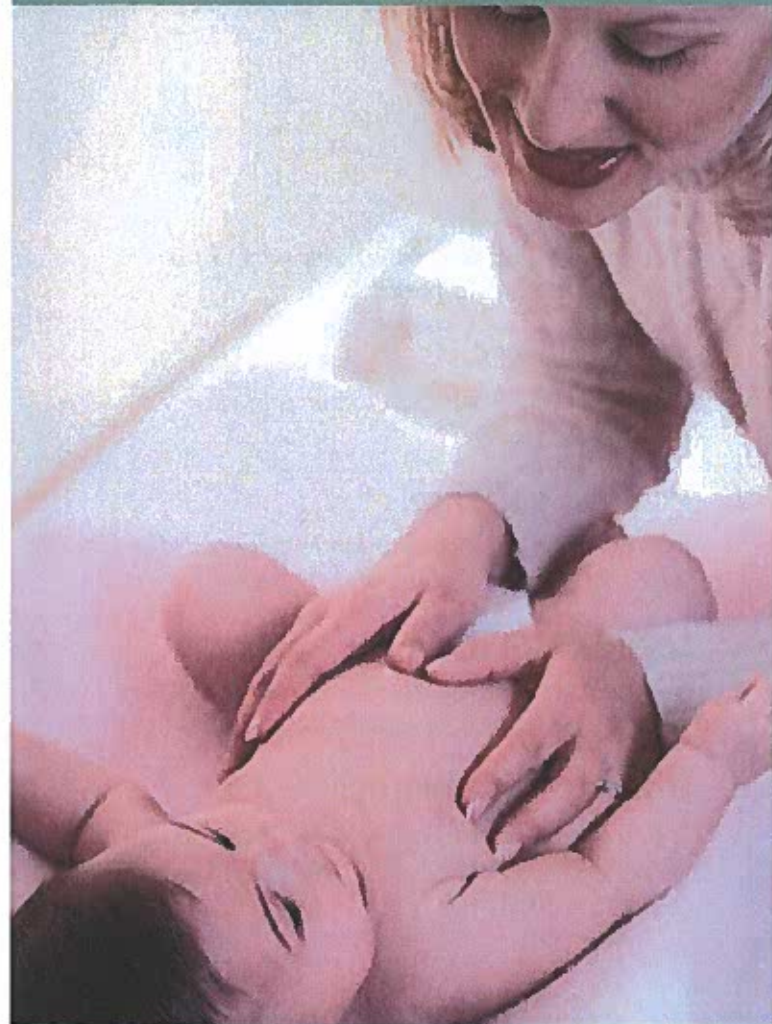
Infants, need time each day to rest. Just like us! Gentle routines—doing the same thing every day, will help your infant know what to expect and will help them ease into resting. Planning ahead to meet your infants needs each day will make it easier for them and for you, *"Sara, we will be out with your grandmother today, I will pack some extra diapers for you and snacks for us."*





5 Simple Tips

To Support Your **Infant's**
Social Emotional Health During



Diapering

1 Create a routine.

"Hi Derry, you had a good nap! Let's check your diaper."

2 Know the signs.

"Eli, I see you pulling on your diaper, do you need to be changed?"

3 Take time to Connect.

"Look at that big smile Henry! You make mommy smile too!"

4 Offer choices.

"Kia do you want the red ball or the bear to hold while Daddy changes you?"

5 Practice patience.

"I know you don't like to be changed but we need to take good care of you. Mommy is almost done."

You Are Your Child's First Teacher!

Diapering is an every day routine that creates an opportunity for connecting with your infant. When you coo, babble and talk with your infant it sends a message that they are important. They love your voice and face! Creating a simple routine for diapering—doing some things the same every day, can help your infant know what to expect and will make the experience smoother for each of you, *"Daddy is going to change your diaper and sing our song and then we will go play with our toys!"*



5 Simple Tips

To Support Your **Toddler's** Social Emotional Health During



Dressing

- 1 Let them help.**
"Mika, hold your arms up high, while I pull your shirt over your head!"
- 2 Offer choices.**
"Josef, do you want to put your shirt on first or your pants?"
- 3 Practice patience.**
"Anna, these socks are tough to get on! Let's take a few deep breaths and try again."
- 4 Leave extra time.**
"William, we are going to child care soon, let's go see what you want to wear today."
- 5 Offer positive words.**
"Nice going Elena! You got your shoe on your foot!"

You Are Your Child's First Teacher!

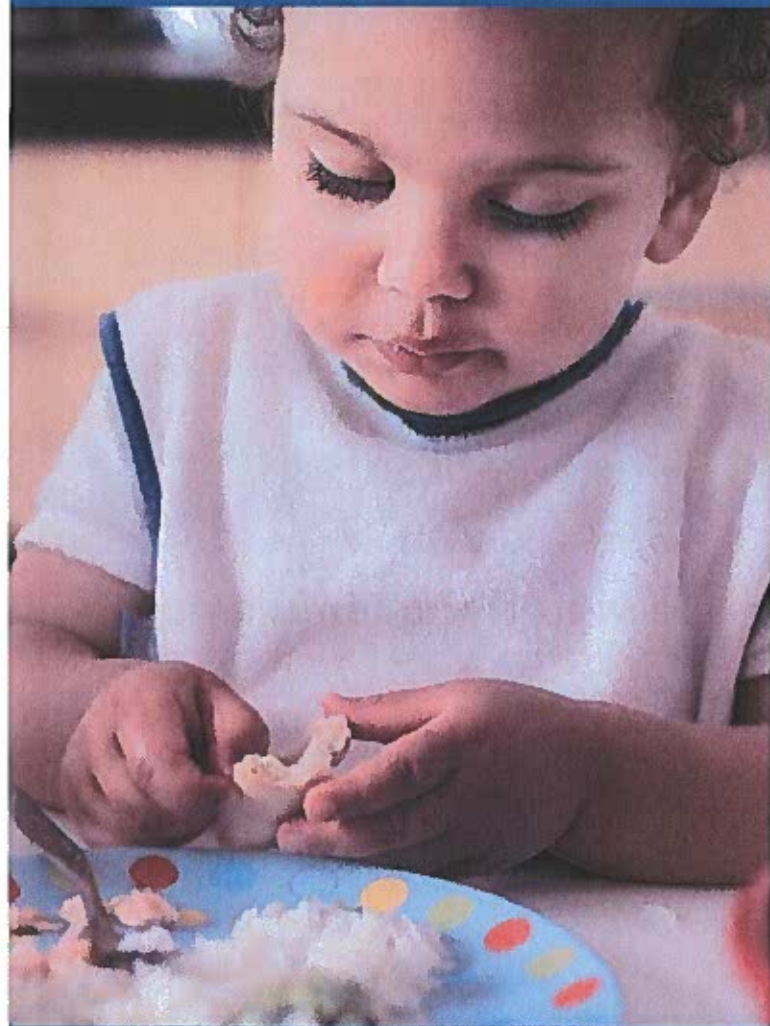
Together, you and your toddler can make dressing a special time for connecting. Toddlers like to show that they can do it—"All by myself!" When you offer choices and show patience they learn that you value their efforts. This will help them to keep trying and eventually learn to dress themselves. Toddlers look to you for encouragement. Let them know their efforts matter, *"Tamika you pulled your pants up! You are doing new things, Daddy is proud of you."*





5 Simple Tips

To Support Your **Toddler's**
Social Emotional Health During



Meal Time

- 1 Let them help.**
"Hey Talia, I bet you could hold your spoon!"
- 2 Offer choices.**
"Derek, do you want the red cup or the blue cup?"
- 3 Eat together.**
"Daddy likes his rice; do you like your rice Jayden?"
- 4 Know when your child is hungry.**
"Maria, I see you frowning and you are getting frustrated, let's have a snack that is good for our body."
- 5 Be a role model for healthy eating.**
"Dana, let's share this banana."

You Are Your Child's First Teacher!

Meal Time offers an opportunity to connect and learn with your toddler. Take time to talk about the day together. Offering choices lets toddlers feel in control. Noticing cues that let you know your toddler is hungry or full—fussing, crying, etc. helps them feel understood.



5 Simple Tips

To Support Your **Toddler's** Social Emotional Health During



Play Time

- 1 Join in!**
"Ashton, Mommy, will run with you, let's go!"
- 2 Stay close by.**
"Michael, I am right here, I see you playing with trucks."
- 3 Talk about what you see.**
"Mia, you are jumping up and down with a big smile! You are excited."
- 4 Show her how to do new things.**
"Dalia, you can hold the bowl with this hand and then stir!"
- 5 Have fun and laugh together.**
"Brady, that's so silly, you make me laugh!"

You Are Your Child's First Teacher!

Toddlers love to learn. Your toddler learns by looking, touching and interacting with things around them. When you join in and encourage learning through play, it supports your child's brain to grow—getting them ready for school and life! So, take time to have fun every day.





5 Simple Tips

To Support Your **Toddler's**
Social Emotional Health During



Rest Time

1**Create a routine.**

"Abia, In ten minutes we're going to read a book and then it's time for bed."

2**Use routines across settings.**

"Eden, don't forget your cuddle bear for grandma's house so you can have it at nap time."

3**Offer choices.**

"Keri, what pajamas do you want to wear tonight?"

4**Take care of the basics.**

"Justin, let's change your diaper before you rest."

5**Take time to refuel.**

"Neal, Daddy has to take a break too so we can play again later."

You Are Your Child's First Teacher!

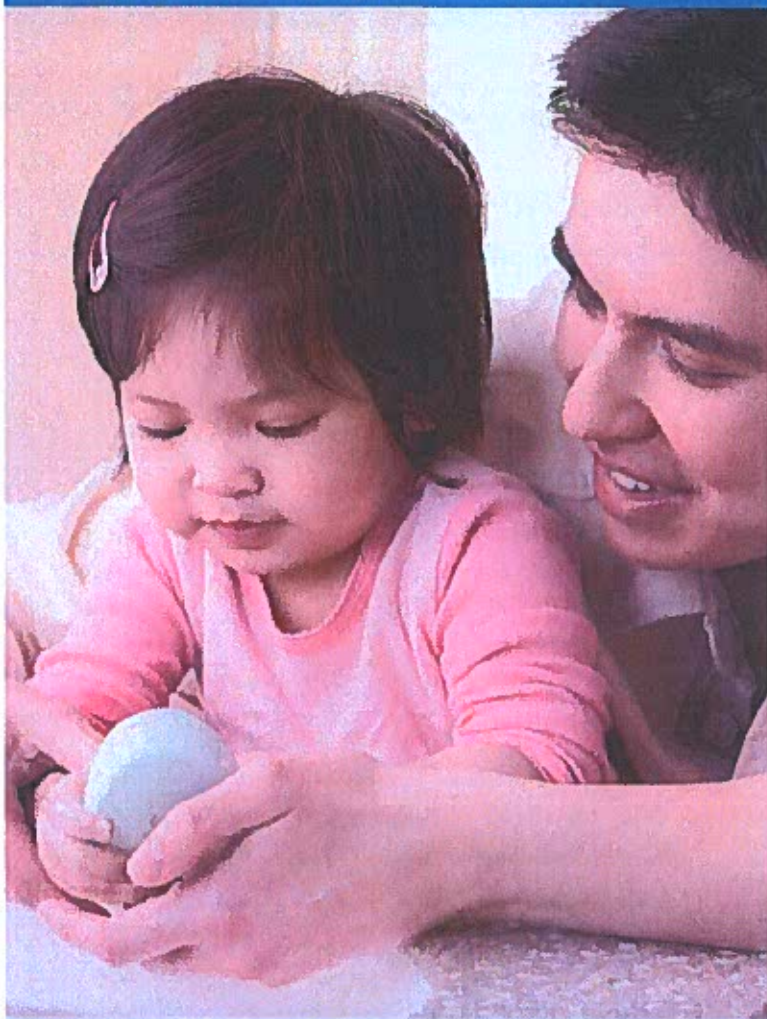
Toddlers, need time each day to rest. Just like us! Gentle routines—doing the same thing every day, will help your toddler know what to expect and will help them ease into resting, *"Shana, it's time to pick out your stories for nap time."*





5 Simple Tips

To Support Your **Toddler's**
Social Emotional Health During



Diapering and Toileting

- 1 Create a routine.**
"Li, let's sit on the potty and then we can wash our hands."
- 2 Know the signs.**
"Tamesha, I see you pulling on your diaper, do you need to be changed?"
- 3 Offer choices.**
"Grace, do you want to talk with Daddy while you are on the potty or be by yourself?"
- 4 Follow your child's lead.**
"Marcelo, you are upset right now, let's try again later."
- 5 Prepare for toileting.**
"Angela, do you want to read Once Upon a Potty?"

You Are Your Child's First Teacher!

Your child looks to you for support and guidance as they take on new challenges. As your toddler moves from diapers to using the potty they need your patience and support as there may be many accidents along the way. Each child moves at their own pace and when you read their cues and find ways to support them, this stage can be less frustrating for everyone, *"Shana nice job pulling up your pants! Thanks for trying, let's go wash our hands."*

