Grow
Early Education

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

Source: ser4kids.com