

# 10 WAYS TO HELP YOUR CHILD LOOK AFTER THEIR MENTAL HEALTH

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## ROLE MODEL

Be a positive mental health role model. Demonstrate positive behaviours which your child can learn from you

## SLEEP

Support your child to build positive sleep habits. Develop a good sleep environment with your child



## TALKING

Support your child to talk about their problems and how they are feeling

## COPING SKILLS

Work with your child to develop coping skills. Support your child to learn skills such as problem solving and thought challenging



## WELLBEING

Promote healthy eating and physical activity. Exercise is a great tool to boost mood and reduce stress and anxiety



## PLAY

Promote play and creativity among your child. Allow them to explore



## SELF CARE

Make sure your child has time and space to look after themselves. Involve yourself in their hobbies



## AUTONOMY

Allow your child to make their own decisions. This will help to build resilience

## RELATIONSHIPS

Support your child to build positive relationships with friends and family



## RELAXATION

Help your child to relax. Teach them relaxation skills such as deep breathing

