



# TEN TIPS

to support mental wellness

[bstrongtogether.org](http://bstrongtogether.org)

As kids return to school, support your child's mental health and wellness with these helpful tips!



## Check in!

Be sure to check in often. Ask about their day and how they are doing. Listen and validate their feelings and concerns. Be patient and help support them as they adjust to a new school year.



## Prioritize connection.

Find ways each and every day to connect with your children and teens to build a healthy, supportive relationship.



## Encourage your child to talk about their feelings.

Have open conversations, letting them know that they are safe and loved. If you have younger children, help them to identify and name their feelings.



## Listen!

Stay calm, soothing and supportive. A healthy, connected relationship will help to calm and reassure them that they can work through their worries and fears.



## Praise all your child's efforts.

Adopt a growth mindset that values effort, perseverance, progress and the process of learning. Let them know that they do not have to be perfect and that you value kindness, curiosity and bravery.



## Be optimistic.

Did you know that optimism is a learnable skill? Keep a positive attitude and model resilience and motivation. Encourage an optimistic attitude and pump up the positivity in your family!



## Keep to a daily routine.

Try to go to bed and wake up at the same time each day. Focus on sleep, a healthy diet and time for physical activity. Be sure to make time for daily PDF (playtime, downtime and family time).



## Problem solve together.

Remind them that they are not alone. Help them to talk through problems, brainstorm possible solutions and identify a plan of action. Don't forget to model healthy coping strategies.



## Teach ways to calm stress and anxiety.

Whether it's taking deep breaths, going for a walk, soaking in the tub, listening to music, or talking with friends, learning how to manage stress is a critical skill for life.



## Remind your child that they are not alone.

Let them know that you are always there for them and that it is ok to ask for help. Assist them in identifying other people in their life that they can turn to for support.

If you are in need of mental health support, visit [healthybarrington.org](http://healthybarrington.org) for information and local resources.

