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Podcasts

Top 5

Strategies to Foster Mental Health in Your Child
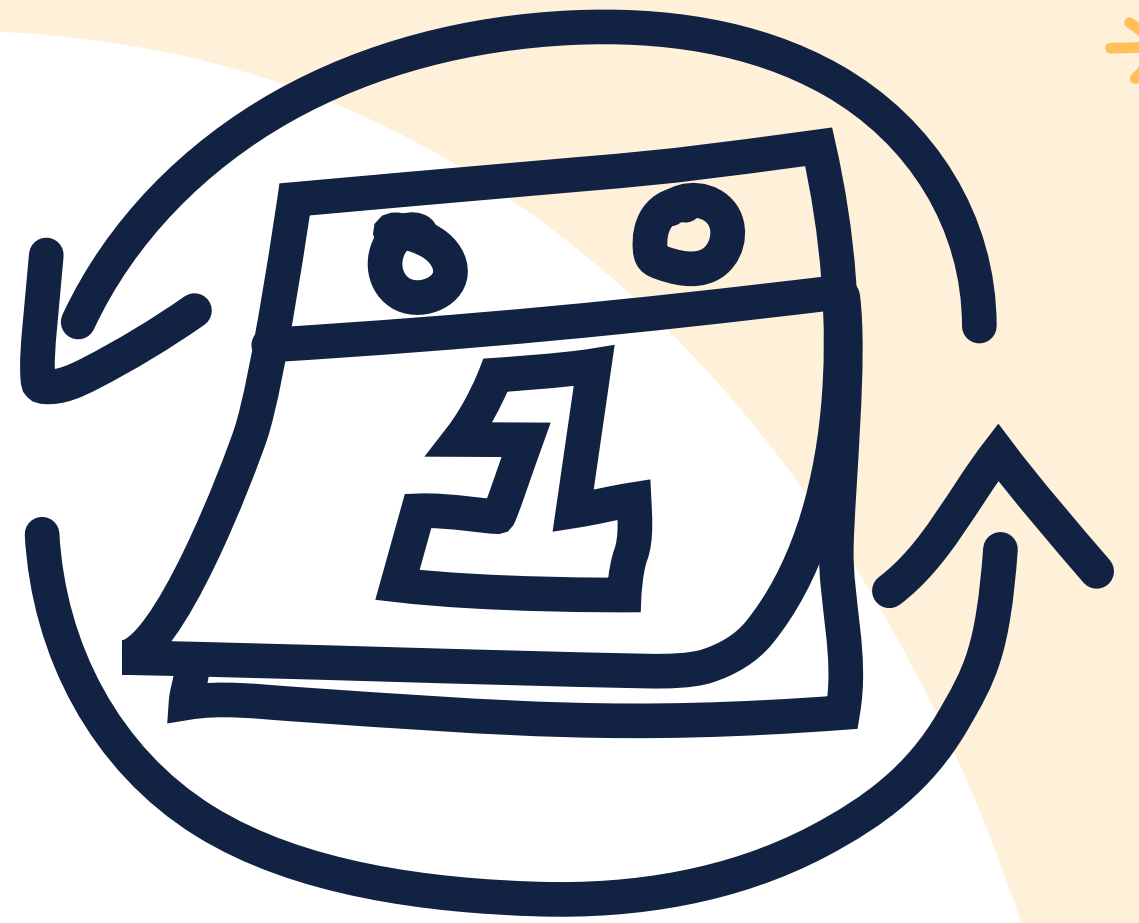
1- Listen and pay attention

to any changes happening with your kids.
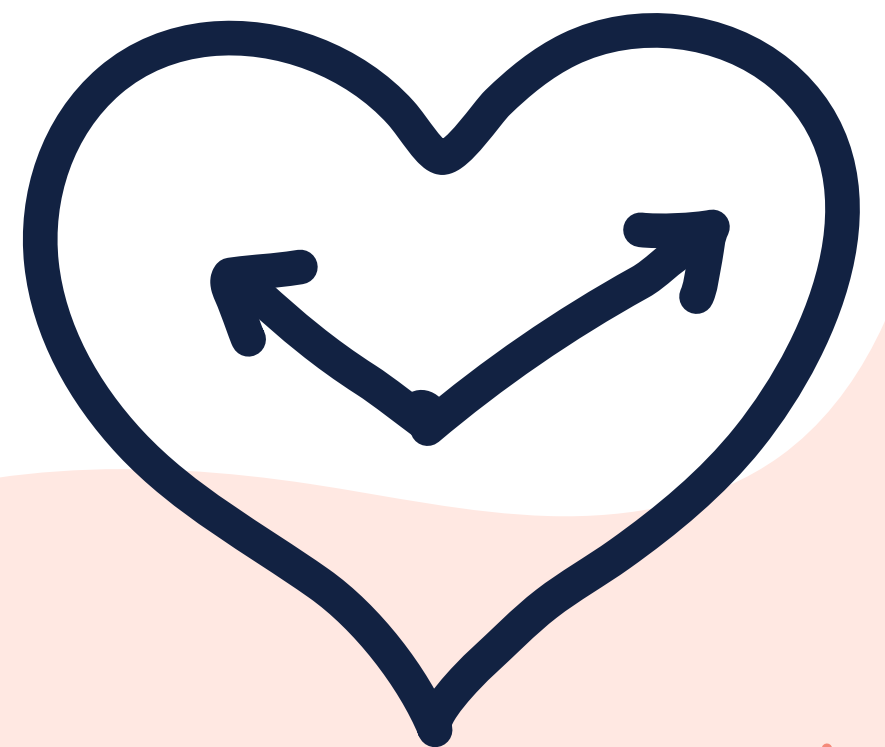
2.

Maintain healthy practices and routines

that include healthy habits for eating, sleeping and exercise.

3- Spend time with your child or teen

and have open, supportive conversations to share and exchange ideas, thoughts, and feelings and to create a space for safe and supportive conversations.

4.

Foster connections with friends.

Friends are an important factor in a child's wellbeing and self-esteem and help to limit isolation and loneliness.

5. Encourage your child or teen

to have fun and engage in creative activities.

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