

SUPPORTING CHILDREN'S MENTAL WELLNESS: TIPS FOR FAMILIES AND CAREGIVERS

Parents, family members, and caregivers can encourage mental wellness and promote social, emotional, and academic success. Good mental health is not simply the absence of illness, but also includes skills necessary to cope with life's challenges.

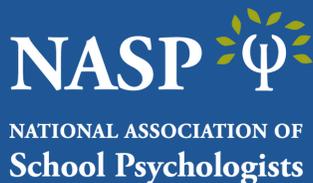
RECOGNIZE AND RESPOND TO CONCERNS

Know the signs of severe mental health issues and how to get help. Symptoms of serious problems such as depression or suicide risk can include:

- a change in habits,
- withdrawal,
- decreased social and academic functioning,
- unusual behavior, or
- increased physical complaints.

Contact a school counselor or school psychologist if symptoms:

- become more intense or frequent,
- do not improve,
- are beyond the child's control,
- interfere with the child's learning or social functioning, or
- present a danger to the child or others.



For additional guidance, visit <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-safety-and-crisis/mental-health-resources>

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ENCOURAGE MENTAL WELLNESS

SUPPORT CHILDREN'S SENSE OF BELONGING AT SCHOOL



Feeling Connected and Welcomed

- Communicate openly with teachers to help build a positive relationship.
- Help children bond with school by reinforcing a sense of familiarity and trust.

PROMOTE RESILIENCE

The Ability to Bounce Back From Adversity



- Encourage children to see the big picture and try again with a new strategy.
- Help them to adapt to change by keeping them informed and involved in planning.

DEVELOP SKILLS

Accomplishment Comes From Our Own Actions



- Teach children to set goals and be responsible for the results.
- Model coping strategies and how to judge when help is needed.

RECOGNIZE POSITIVE BEHAVIORS AND DECISION-MAKING

Positive Feedback



- Recognize good decision making, problem solving, and self-control.
- Notice and encourage students' efforts and successes daily.

ENCOURAGE HELPING OTHERS

Children Can Make a Difference



- Assist children to help others and build self-esteem.
- Help children get involved so they can make a difference in their communities.

FOSTER GOOD PHYSICAL HEALTH

Good Physical Health Supports Good Mental Health



- Healthy eating and adequate sleep can protect against stress.
- Regular exercise can decrease anxiety, anger, and depression.