

Raising Resilient Kids



A child's mental health affects their daily life and future. Schoolwork, relationships and physical health can all be affected by mental health. Like physical health, mental health is important at every stage of life. Caring for and protecting a child's mental health is a major part of helping that child grow to become the best they can be.

The following tips can help promote your child's emotional well-being:

- **Set clear and consistent expectations for your child.** It is important that anyone responsible for your child's care understands and enforces these expectations.
- **Spend time regularly** with your child.
- **Do your best to provide a safe home and community** for your child, as well as nutritious meals, regular health check-ups, immunisations and exercise.
- **Encourage your child to express their feelings and make sure you respect those feelings.** Let your child know that everyone experiences pain, fear, anger and anxiety. Help your child express anger positively, without resorting to violence.
- **Promote mutual respect and trust.** Keep your voice level down—even when you do not agree. Keep communication channels open.
- **Listen to your child.** Use words and examples your child can understand. Encourage questions.
- **Provide comfort and assurance.** Be honest. Focus on the positives. Express your willingness to talk about any subject.

- **Look at your own problem-solving and coping skills.** Do you turn to alcohol or drugs? Are you setting a good example?
- **Encourage your child's talents and accept their limitations.** Celebrate accomplishments. Do not compare your child's abilities to those of other children.

Foster your child's independence and self-worth. Show confidence in your child's ability to handle problems and tackle new experiences.

- **Discipline constructively, fairly and consistently.** Show approval for positive behaviours. Help your child learn from mistakes.
- **Love unconditionally.** Teach the value of apologies, cooperation, patience, forgiveness and consideration for others. Do not expect to be perfect; parenting is a difficult job.

Anyone who's done it will tell you, parenting is never easy. Whether your latest challenge is with toddlers or with teens, your Employee Assistance Programme understands. Talk to us for the guidance, tools and resources to not only survive parenthood, but to thrive.

24/7 Live Assistance

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