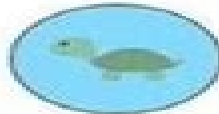


How to nurture a child's mental health



Actively listen
before offering
your advice



Be patient



Share your
feelings and
validate theirs



Tell the truth



Model healthy
behavior



Surround them
with healthy adults



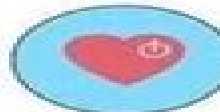
Teach them
how to be safe



Use open
ended questions



Have scheduled
family time



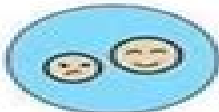
Limit electronic
time for everyone



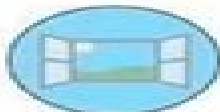
Reach out
and hug them



Model
forgiveness



Respond calmly
when their
emotions are
elevated



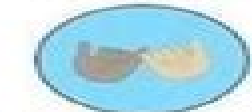
View their
behavior as a
window to their
needs and feelings



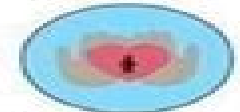
Make play
and exercise
a requirement



Be present



Be consistent and
follow through
with what you
promise



Believe them
and in them



Practice
relaxation
exercises
together



Recognize
positive choices



Set and respect
boundaries



The Mental Health Of Children And A

JL Elias



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