

# Children's Mental Health

## Building Positive Mental Health in Children & Youth

### Relationships with Parents & Children

- Positive relationships in childhood are important for good mental health in adulthood.
- Adults & children benefit from good relationships.

### Communication

- Good communication involves all members of the family talking to each other about their feelings, their problems & what's happening in their lives.
- This is a chance to teach children how to make good choices & solve problems.

### Social Skills

- Social skills are learned through experiences interacting with others & making friends.

### Expressing Feelings

- Families who talk about feelings help children learn to identify & communicate their own feelings.

### Parenting Tips

- Be warm, nurturing & loving.
- Give firm, clear rules & reasons for the rules (be flexible as needed).
- Use reason instead of verbal or physical abuse.
- Accept & respect children's growing need for freedom while still keeping clear rules.
- Be realistic – children grow up at their own pace.
- Praise children for their hard work & good deeds.
- Comfort children when they are upset.
- Give children a chance to take responsibility for their actions & teach them to learn from their mistakes
- Take care of yourself - there are no perfect children & no perfect parents.

### Building Self-Esteem

- Parents are the best influence on their children. They are the first & most important teacher.
- How children feel about themselves is influenced by relationships with family members, teachers, friends & other adults.
- It is important to show children that they are loved & accepted.
- Teach children to have think positive about themselves & express confidence in them & their abilities.
- Encourage children to face challenges & give them an opportunity to succeed.
- Help your children discover their own special talents & qualities.

### Inclusion

- Children need to feel included & respected.
- Children need to know that they belong & are important.
- Being involved at home, school & in the community helps build positive mental health.
- Involvement gives children a sense of connection while reducing loneliness.



For more information, contact  
your local Mental Health & Addiction Services Office



Western  
Health