

5 EASY WAYS TO

Support Your Child's Mental Health

1 Help your child know they belong in the school community.

- Talk about school often at home! Ask about schoolwork, other kids in class, and about their teacher. Celebrate what they are learning.
- Support your child's participation in extracurricular activities (like sports or afterschool programs). Talk with them about what they want to try.

Can you believe all of these new things you are learning?

2 Support your child's relationship with their teacher.

- Ask your child which teachers or other adults at school they know.
- Make sure the teacher or school counselor knows if your child feels lonely or unwelcome at school.

Who is the adult at school that is most special to you?

3 Experience family and school routines and traditions together.

- Use household routines that promote structure, responsibility, and fun (Example: *Singing a silly song while you take out the trash together*).
- Celebrate school traditions with your child (Example: *Attending school concerts*).

Let's make this a fun, family tradition.

4 Support behaviors that build success and well-being.

- Talk about healthy sleeping habits, like setting a regular bedtime.
- Encourage activities that build focus and self-control, such as playing board games and following a daily schedule.

Let's set ourselves up for a good day.

5 Continue to build good relationships at home.

- Have fun together as a family by playing games, making food together, having a family movie night, etc.
- Have simple, daily conversations with your child about school, friends, and more.

How are you feeling about _____?