

Encourage your child to engage in conversation

Be aware of signs & symptoms

Show your child love and care by being there for them

Regularly support, encourage & praise your child

Encourage play, sport and exercise

Keep an eye out for any changes in behaviours

Provide an environment where your child can thrive

## Be a piece of your child's mental health

Don't be afraid to seek help from professionals

Tell your child how proud you are of them

Get to know how your child is feeling

Listen when your child has something to say

Help your child learn simple coping skills like relaxation

Be patient. Don't pressure your child

Educate yourself about mental health wellbeing

Help your child to effectively problem solve

Manage stress by building rest time into the day