

Nurturing Your Child's Mental Health



Mental Health America Says:

“Good mental health allows children to think clearly, develop socially and learn new skills. Additionally, good friends and encouraging words from adults are all important for helping children develop self confidence, high self-esteem, and a healthy emotional outlook on life.”



The basics for a child's good mental health:

- Unconditional love from family
- Self-confidence and high self-esteem
- The opportunity to play with other children
- Encouraging teachers and supportive caretakers
- Safe and secure surroundings
- Appropriate guidance and discipline



take note of these

18 Ways to Love Your Kids

findingjoy.net

1. Be willing to let the next busy item go
2. Tell them "good night" & "I love you"
3. Don't always have answers - listen
4. Turn off your phone for a bit
5. Be willing to be silly
6. Encourage them to dream
7. Give them perspective
8. Work hard & give much
9. Be brave
10. Love them unconditionally
11. Be surprising
12. Display their artwork proudly
13. Share with them what you love
14. Teach them they're valued
15. Value education
16. See their world
17. Embrace the noise
18. Let them go

they need love
and time



Boosting Self-Esteem & Self-Confidence Books

1. Remarkably You, by Pat Zeitlow Miller and illustrated by Patrice Barton
2. Dear Girl, by Amy Krouse Rosenthal and Paris Rosenthal and illustrated by Holly Hatam
3. Giraffe Problems, by Jory John and illustrated by Lane Smith
4. Not Quite Snow White, by Ashley Franklin and illustrated by Ebony Glenn
5. I Am Enough, by Grace Byers and Keturah A. Bobo
6. The OK Book, by Amy Krouse Rosenthal and illustrated by Tom Lichtenheld
7. Red: A Crayon's Story by Michael Hall
8. What Do You Love About You, by Karen Lechelt
9. Spork, by Kyo Maclear and illustrated by Isabelle Arsenault
10. Giraffes Can't Dance, by Giles Andrae and illustrated by Giy Parker-Rees
11. All the Ways to be Smart, by Davina Bell and illustrated by Allison Colpoys
12. Zero, by Kathryn Otoshi
13. I'm Gonna Like Me: Letting Off a Little Self Esteem, by Jamie Lee Curtis and illustrated by Laura Cornell
14. Amazing Grace, by Mary Hoffman
15. Chrysanthemum, by Kevin Henkes
16. Beautiful, by Stacy McAnulty and illustrated by Joanne Lew-Vriethoff
17. Tough Guys Have Feelings Too, by Keith Negley
18. Tomorrow I'll be Brave, by Jessica Hische
19. Rock What Ya got, by Samantha Berger and illustrated by Kerasocet
20. Where Oliver Fits, by Cale Atkinson
21. A Bad Case of Stripes, by David Shannon
22. Old Hat, by Emily Gravett
23. Princess Hyacinth, The Surprising Tale of a Girl Who Floated, by Florence Parry Heide, and illustrated by Lane Smith
24. Mr. Tiger Goes Wild, by Peter Brown
25. Stand Tall, Mary Lou Mellon, by Patty Lovell and illustrated by David Catrow
26. The Dot, by Peter Reynolds



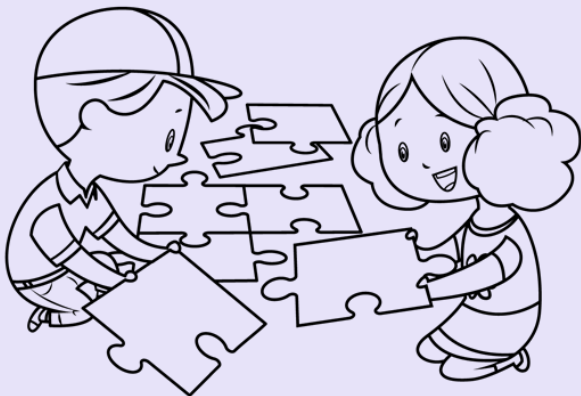
Make Time For Play!

- Encourage Children to Play
- Children Need Playmates
- Parents Can be Great Playmates
- **Play for Fun**
- [Article: The Power of Play](#)



Feeling safe and being firm...

- **Provide a safe and secure home.**
- If your child has fears that will not go away and affect his or her behavior, the first step is to find out what is frightening them.
- Be loving, patient and reassuring, not critical. Remember: the fear may be very real to your child.
- **Provide appropriate guidance and instructive discipline:**
- Be firm, but kind and realistic with your expectations. Children's development depends on your love and encouragement.
- Set a good example. You cannot expect self-control and self-discipline from a child if you do not practice this behavior.
- Modeling appropriate behavior will help set the expectation.



Let's do our part to nurture a child's
physical and mental health!



Resources

- <https://www.mhanational.org/what-every-child-needs-good-mental-health>
- <https://www.findingjoy.net>
- <https://happilyeverelephants.com/home/self-esteem-books-for-kids>
- <https://www.healthychildren.org/English/ages-stages/toddler/fitness/Pages/Caution-Children-at-Play.aspx>