

10 WAYS TO PROMOTE **GOOD MENTAL HEALTH & WELL-BEING IN KIDS**

- 1** MODEL GOOD **MENTAL HEALTH HABITS**
- 2** MAKE SURE THEY GET **ENOUGH SLEEP**
- 3** **ENCOURAGE** KIDS TO EXERCISE
- 4** GIVE THEM **CREATIVE** OUTLETS
- 5** PROVIDE A **SPACE** OF THEIR OWN
- 6** **TALK** ABOUT THEIR TROUBLES
- 7** HELP THEM TO **RELAX**
- 8** HAVE TWO **ROUTINES** -
WEEKDAY AND WEEKEND
- 9** FOSTER **VOLUNTEERING** AND
HELPFULNESS
- 10** BRING **FUN AND PLAYFULNESS**
INTO THEIR LIVES



For information from Michael Grose about raising exceptional kids...



1 Subscribe to Happy Kids newsletter on parentingideas.com.au and receive latest parenting ideas and information.



2 Visit parentingideas.com.au to find ready to go resources and books



3 For the best parenting ideas and great advice join the Michael Grose Parenting community at [facebook.com/michaelgroseparenting](https://www.facebook.com/michaelgroseparenting)

phone. 1800 004 484

parentingideas.com.au