

HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH



LOVE

Be there for your child and show care and love



SUPPORT

Encourage and praise your child



FEELING

Get to know how your child is feeling



EXERCISE

Exercise has physical and emotional benefits



EDUCATION

Learn signs and symptoms of mental health problems



COPING

Help your child learn simple coping skills such as relaxation



CONVERSATION

Encourage your child to talk to you



LISTENING

Make sure to listen to what your child has to say



BEHAVIOR

Keep an eye out for changes in behavior



REST TIME

Help your child build rest time into their routine

For more information on supporting your child's mental health, contact your child's teacher or school counselor. You can also visit our new Wellness Resources page at fcusd.org/wellness.

