

Mental well-being for kids

Good mental health and well-being helps children think, learn, and socialize well – and it leads to self-confidence and high self-esteem.

What to do

Ensure your child has these mental health basics:

- Unconditional love from family
- A feeling of safety and security
- Face-to-face play time with other children
- Encouragement and support from teachers and caregivers
- Appropriate guidance and discipline



What to know

You can help your child build their mental health and well-being.

- Make time for listening talk to children about their experiences and challenges.
- Give the gift of responsibility give kids important jobs they can do at home, at school, and in the community.
- Create family traditions like family meals, and seasonal and holiday activities.
- Encourage responsible use of technology – talk about social media and technology, and create phone-free and other tech-free zones.
- Make time to play and create support unstructured playtime.
- Encourage learning help them find out who they are and what they enjoy.
 Explore interests and cultures, take a new class, read a book for fun.
- Support exercise and nutrition encourage them to move every day and eat nourishing food.
- Help them enjoy nature go for a walk together, plant a garden.
- Create healthy sleep routines.

For more information, visit <u>www.health.</u> <u>mn.gov/communities/mentalhealth/</u>



Minnesota Department of Health, works for all people and communities to have what they need to be healthy. Visit us at www.health.state.mn.us

To obtain this information in a different format, call 651-201-3627.