

MAY 2021

Children's Mental Health Awareness Month

Tips for Every Parent

SUNDAY

MONDAY

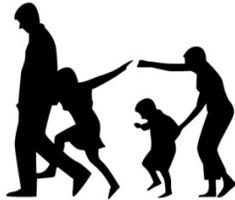
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1 One of the MOST important things you can say to your child is "I BELIEVE IN YOU!"

2 Take a hot bath: taking care of yourself is just as important as taking care of your children.

3 Teach your child to relax by taking slow deep breaths &/or by blowing bubbles.

4 Make a homemade book about feelings. Decorate it together.

5 Cook together. Have your child/children pick the recipe and help you shop for the ingredients.

6 Be active together. Visit a local park.

7 Do something to make today special. Take pictures of your day and start a journal.

8 Tell your older children a story about one of your favorite memories of them.

9 Make a construction paper link necklace. On each link write one reason you love your child.

10 Say something good to the person in the mirror and teach your child to do the same.

11 Notice out loud. Tell kids when you notice something they might be feeling.

12 Give praise often and honestly, but without overdoing it.

13 Eat together. Make special place cards with positive statements on them.

14 Limit time spent on the computer/TV. Make a list of fun things to do outside.

15 Tell your child/parent one thing you like about them.

16 Have a dance party in the living room with your child. (Let loose!)

17 Bake cookies with your child (or another recipe).

18 Put a positive note in your child's lunch or backpack.

19 **Children's Mental Health Awareness Day!**
WEAR GREEN!

20 Decrease the search for perfection of you and your child. What do you love most about your child?

21 Lead by example. Be a model for healthy eating and exercise.

22 *Tell me and I forget. Teach me and I remember. Involve me and I learn.*
~Benjamin Franklin

23 Visit your local library. They have great programs for your child and things for you.

24 Talk about one thing that you and your child learned today.

25 Drink plenty of fluids. Make a healthy smoothie together.

26 Spend 15 minutes reading with your child.

27 Listen to your children. Encourage your children to talk about what is troubling them.

28 Take a family walk together. Play "I Spy" while exploring.

29 Listening to soothing music will help decrease stress. Model this for your child.

30 Encourage PLAY! Have your child pick an online game and play it together. Or a board game.

31 Be spontaneous and affectionate. Your love will help boost your child's self-esteem.

