

HOW PARENTS CAN SUPPORT CHILDREN TO LOOK AFTER THEIR MENTAL HEALTH DURING LOCKDOWN



BELIEVEPERFORM

ENVIRONMENT



Create a nurturing and open environment where your child feels safe and comfortable to talk about their feelings, thoughts and emotions

CHECK IN TIME



Check in with your child on a regular basis and ask them how they are feeling

WEEKLY PLANNER



Encourage your child to plan out their week and to schedule some fun and engaging activities that provide them with a sense of pleasure

REST AND RELAXATION



Support your child to manage their energy levels by taking regular breaks and getting a good nights sleep

REDUCING STRESSORS



Support your child to reduce any triggers that are leading to stress

PROBLEM SOLVE



Help your child to effectively problem solve when they are dealing with stress and worry

FRIENDSHIPS



Encourage your child to keep connected to their friends and family members through online technology

EXERCISE



Support and encourage your child to be active throughout the day and to engage in regular exercise

COPING SKILLS



Work with your child to learn some coping skills that can help them be more proactive with their mental health

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