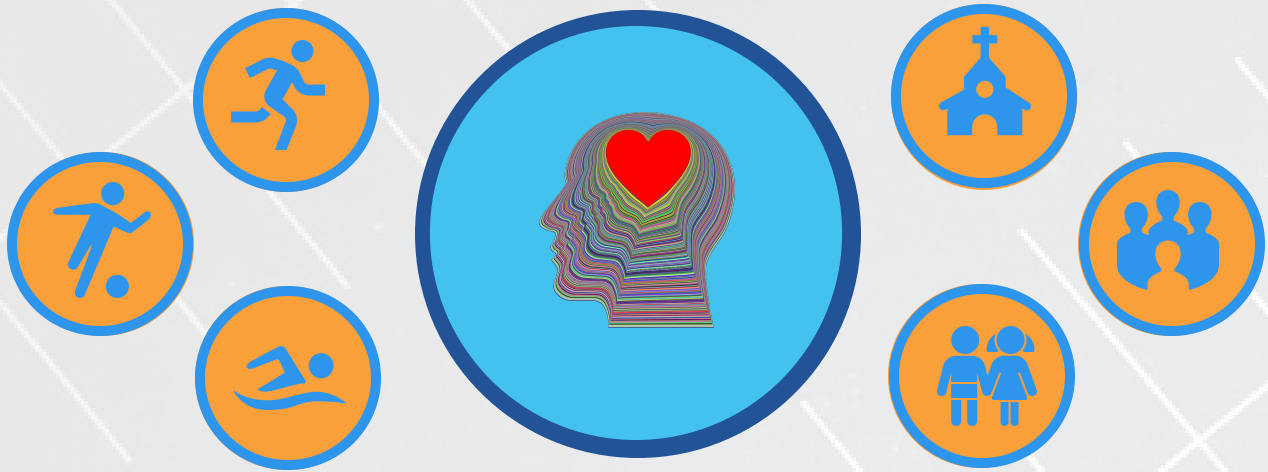


# PROMOTING WELLNESS

## Physical / Emotional / Social Health



1

### **PRAISE YOUR CHILD'S EFFORTS AND BEHAVIOR**

When we are praised, we feel good about ourselves and our confidence increases. When we praise children for trying new activities, we send the message that effort is important. Praise can also help to motivate children, encourage them to continue to try new things and help them continue to work at tasks.

2

### **TALK OPENLY ABOUT HEALTH AND WELLNESS**

Just like physical health, promoting mental health is essential. It is important to help children cultivate caring relationships and to develop social and emotional skills to manage daily stressors.

3

### **SPEND TIME TOGETHER AS A FAMILY**

Children need love, time and attention. Setting time aside to be with your child produces a stronger bond, makes them feel valued and loved. Invite them to join you in an activity you enjoy to reduce stress. Incorporate these activities into your family's weekly routine and acknowledge the health benefits of the activity.

4

### **MODEL YOUR OWN HEALTHY HABITS**

Children learn by observing. As you model positive mental health habits, you demonstrates how to manage life's stressors. Support them in finding and developing their own strategies and interests to sustain good mental health.

5

### **PARTICIPATE IN PARISH, SCHOOL COMMUNITY OR OTHER VOLUNTEER ACTIVITIES**

Children will meet and connect with new people. They will experience a sense of belonging and purpose, and will learn how to relate to others.

6

### **ENCOURAGE REGULAR EXERCISE**

Physical exercise is one of the most effective strategies for maintaining a healthy mind. Exercising stimulates chemicals that improve our moods and allow us to channel negative energy positively.