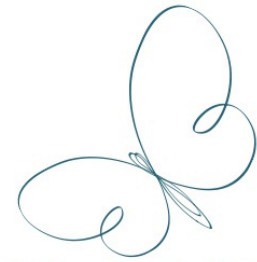


PROMOTING MENTAL WELLBEING IN CHILDREN



BLUES & BEYOND
SUPPORTING PERINATAL
MENTAL HEALTH

Mental health is just as important as physical health and as a parent, you play a crucial role in your child's mental wellbeing.

You can promote good mental health by:



- saying and doing positive things to create a positive environment at home
- learning about early signs of mental health struggles and where to go for help if needed
- helping your child build strong, kind, longlasting relationships
- helping your child create a positive self-image of themselves and encourage good self-esteem
- teaching the importance of and promoting self-care activities

Promoting good mental wellbeing teaches children appropriate and healthy practices, self stability, emotional regulation, and fosters strong parent-child attachments.