



Parenting Is Prevention #7 What is good mental health?

It just makes SENSE.

Kids' health is improved when families work together on these characteristics:

Sharing - Family shares responsibilities, including chores and decision-making.

Encouraging - Parents encourage supportive relationships with caring adults beyond the family and promote self-confidence and self-esteem.

Nurturing - Family members nurture each other and work to fulfill needs with unconditional love.

Supporting - Family members support each other in times of crisis and offer appropriate guidance and discipline.

Educating - Parents stress the value of education for kids and stay educated on mental health concerns.

Good mental health is a state of mind that aids a child in participating in and coping with everyday life.

Good mental health doesn't mean a constant state of happiness, but the ability to manage a wide range of emotions. Parents play an important role in helping children develop and maintain good mental health.

A child or a teen with good mental health...

- Has good levels of self-esteem and self-confidence
- Is able to set realistic goals
- Has energy to complete daily tasks
- Can cope well with disappointment or constructive criticism
- Shows interest in a variety of hobbies or activities
- Is curious and enjoys a wide range of pursuits
- Is able to concentrate and make decisions
- Can handle emotions appropriately
- Is able to balance activity and relaxation



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As a parent, what can you do to support the mental health of your child or teen?

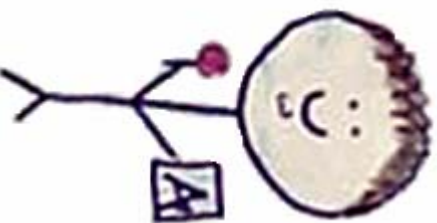
- Communicate: ask questions and listen
- Be involved in your teen's life
- Show that you care
- Encourage participation and involvement in activities
- Know where your children are and who they're with



- Establish clear expectations and consequences
- Recognize drastic changes in behavior
- Seek help or advice whenever you feel overwhelmed
- Take threats seriously
- Relax together, play together

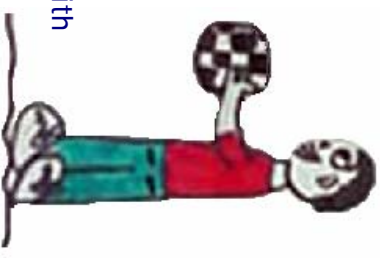


- Praise your teen whenever possible
- Don't expect perfection
- Encourage self-expression
- Nurture confidence and self-esteem
- Criticize the behavior, not the teen
- Provide a safe and secure home



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