



01/06

Tips for parents and educators on supporting children's mental health.



SWIPE



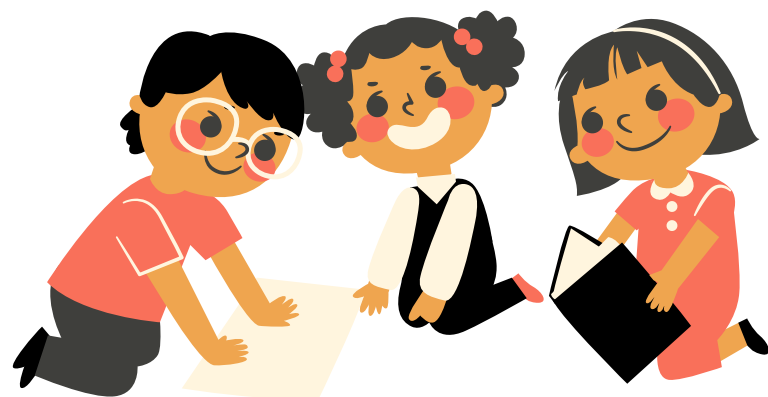


02/06

Promote Open Communication

Encourage children to express their feelings and listen actively without judgment.

Create a Safe Environment



Ensure children feel secure and supported at home and school.

KEEP SWIPING



03/06

Encourage Play and Physical Activity

Foster physical health and reduce stress.

Model Healthy Behaviors



Demonstrate positive coping mechanisms and emotional regulation.

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04/06

Maintain Consistent Routines

Provide stability and predictability



Teach Coping Skills

Equip children with strategies to manage stress and anxiety.

KEEP SWIPING



05/06

Limit Screen Time



Balance online activities with offline ones.

Seek Professional Help



Don't hesitate to consult mental health professionals when needed.

KEEP SWIPING



06/06

What steps will
you take today to
support the mental
health of the
children in your
life?

COMMENT BELOW