



## WHAT CAN I DO?

*8 things adults  
can do to  
support children's  
mental health*

### 1) CONNECTION

- Help bridge connections between children and family, friends and community
- Seek opportunities for children to learn and grow
- Role model healthy relationships and encourage positive role modelling in children

### 2) COMPETENCE

- Build confidence in children by focusing on their strengths
- Help children make healthy choices and respect their wishes

### 3) COMMUNITY

- Create opportunities for children to share and help others at home and to contribute to the community
- Build a community of healthy relationships

### 4) CHALLENGE

- Provide encouragement for children to challenge themselves to push past their comfort zones
- Help children identify and work towards goals

### 5) CONSUME

- Teach nutrition and provide children with what they need to stay physically and emotionally healthy
- Read, sing and dance together!



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### 6) CENTER

- Help children recognize when the “engines are running too high or too low”
- Find what brings each child back to calm

### 7) CELEBRATE

- Find ways to create energy! Move, laugh and play!
- Celebrate small steps forward: the child's and your own!

### 8) CONCERN

- If a child is experiencing troubling or persistent issues or you just want to share your concerns in a trusted environment, consult a family doctor or mental health provider or go through one of the referral links below

## RECOMMENDED RESOURCES

- School curriculum-based resources for teachers and parents: [www.education.alberta.ca](http://www.education.alberta.ca)
- Online health and wellness information and tools: [www.MyHealth.Alberta.ca](http://www.MyHealth.Alberta.ca)
- Information and research on early childhood development: [www.albertafamilywellness.org](http://www.albertafamilywellness.org)
- Programs, referrals, services and locations: [www.earlychildhood.alberta.ca](http://www.earlychildhood.alberta.ca)
- Family and Community Resource Centres: <http://fcrc.albertahealthservices.ca>
- Parent Link Centres: [www.humanservices.alberta.ca/family-community/15576.html](http://www.humanservices.alberta.ca/family-community/15576.html)
- Alberta Health Services Comprehensive School Health Website and 2014/2015 Provincial Teacher Resource List: [www.albertahealthservices.ca/csh.asp](http://www.albertahealthservices.ca/csh.asp)