



Child Mental Health...It Matters!

The 2020-2021 School Year

How to support your child's mental health



This school year is different than past years and the changes may be stressful for some children.

As parents and guardians, you can help your children during this uncertain time by:

- Taking care of yourself!
- Building a warm and loving relationship.
- Talking about emotions and positive ways to cope with stress.
- Providing a healthy, less stressful home environment.
- Noticing if your child is struggling with their emotions, thoughts, or behaviours and getting help early.