

Child Mental Health...It Matters!

The 2020-2021 School Year

Helping your child handle stress

You can help your child learn to handle stress. Coping strategies are unique to each person and can be very simple. Help them to find what works for them.

Try :

- Getting outdoors and enjoying nature.
- Getting active – go for walks, dance, or play.
- Practicing slow, deep breathing together.
- Cooking and eating as a family.
- Going to bed at the same time each night.
- Having quiet time on your own.



To learn more about kids and stress visit: <https://ontario.cmha.ca/documents/understanding-and-finding-help-for-stress/>