



Child Mental Health...It Matters!

The 2020-2021 School Year

It's all about relationships



Positive parent-child relationships are the number one way to support children's mental health. Take time every day to build a warm and loving relationship with them by:

- Connecting with them by spending time together.
- Telling and showing them they are loved.
- Showing your child that they matter to you.
- Supporting them to be their best and helping them grow from setbacks.

For more tips on building a relationship with your child – from infants to teenagers - visit <https://www.cbc.ca/parents/learning/view/parent-psychology-attachment>