



# Child Mental Health...It Matters!

The 2020-2021 School Year



## Providing a healthy and less stressful home

A healthy home base is important for child mental health and well-being, especially during uncertain times. You can take steps to provide a less stressful home by:

- Learning to manage your own stress so that you can better care for your family and role model positive coping strategies.
- Creating predictable family routines and including time for physical activity, healthy eating, sleep, and relaxation.
- Using positive parenting techniques that strengthen your relationship with your child and managing behaviour and emotions in a positive, non-hurtful way.

Learn more about positive parenting at <https://hpepublichealth.ca/positive-parenting/> Learn more about healthy habits for kids at <https://hpepublichealth.ca/10-5-2-1-0/>