



Child Mental Health...It Matters!

The 2020-2021 School Year

Parents: Take care of yourself!



One of the most important things you can do to support your child's mental health is to take care of yourself. This will give you the energy and strategies you need to be there for your family.

Try to:

- make time for yourself
- get enough sleep, eat well and be active
- stay connected with family and friends
- practice relaxation activities or mindfulness

For tips on personal resilience, visit School Mental Health Ontario <https://smho-smso.ca/wp-content/uploads/2020/04/TipSheet-Personal-Resiliency-During-Covid19-ENG.pdf>

Like videos? Check out this self-regulation video by the City of Hamilton <https://www.youtube.com/watch?v=xBfsqQ9nMmA>