

Parents promoting positive mental health

Parents play an important role in supporting a child’s mental health.

Mental health affects the way you think, feel and act.

You can promote good mental health by the things you do, say, and the environment you create at home.

Focus on strengths

When your child brings home a test, talk first about a what they did well instead of focusing on mistakes.

If improvement is needed, ask your child what they could do better next time.

Have suggestions ready if they ask you.

Ask questions about feelings

Help your child name and calm feelings; start by asking how they feel.

Let them know that it’s OK to talk about feelings.

Feelings are not right or wrong, and you can’t control how you feel.

You can control how to act when you have strong feelings.

Listen and show empathy

Stop what you are doing and look at your child when you talk to them.

Listen to what your child is saying about their feelings without judgement.

Put yourself in their place.

Acknowledge what your child is feeling.

MORE RESOURCES

[Parents Promoting Positive Mental Health \(alberta.ca\)](https://www.alberta.ca/parents-promoting-positive-mental-health.aspx)

[Helpful Tips and Strategies \(alberta.ca\)](https://www.alberta.ca/helpful-tips-and-strategies.aspx)

[Parent Information Series | Alberta](https://www.alberta.ca/parent-information-series.aspx)

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642

