

Quarter 1 - 2021

NEWSLETTER

Improving Your Child's Mental Health

REFERENCE: <https://www.verywellfamily.com>

In this quarter's newsletter we are going to focus on the kiddos in our lives. With 2020 behind us, it's time to help your kids move forward and work on what makes them happy.

If you're like most parents, you are probably very diligent about taking your kids to their well-visits, getting immunizations, offering nutritious food, and helping with their schoolwork. How often, though, do you think about how to take care of your child's mental health? Below are some steps you can take to help improve your child's mental health.

Take Care of Your Mental Health

One of the best things you can do to keep your child mentally healthy, is to take care of your own mental health. Not only will you be modeling the habits that improve mental health, but you'll also be creating a healthier environment for your child. Remember, your kids learn by watching you. Make sure you set a positive example on how to deal with stressful situations and maintain good mental health.

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Build Trust

Your relationship with your kids plays a major role in their mental health; and a solid relationship begins with building trust. One way to establish trust is by creating a sense of safety and security. This means meeting your child's physical and emotional needs by taking care of them when they're hungry, thirsty, hot, or cold as well as when they're scared, anxious, or sad. **As your kids navigate this pandemic and the uncertainties surrounding the 2020–2021 school year, they need you to be there for them now more than ever. Commit to strengthening your family bonds and being trustworthy.**

Foster Healthy Relationships

The relationship kids have with their parents is vital, but it's not the only relationship that matters. A mentally healthy child will have a number of relationships with other family members, such as grandparents and cousins, as well as friends and neighbors. Even if you're the type of parent who loves to spend alone time with your little ones, give them the opportunity to connect with other people too—especially their best friends. Maintaining these relationships can make all the difference in the world to your child's mental health.

5 Techniques To Help Your Kids Calm Down

1. ► **Visualize a Quiet Place** - Ask your child to close their eyes and picture a calm, peaceful place. Then, gently guide them to slowly start to build up a picture of how it looks, smells, and feels to be there.
2. ► **Drink Water** - Dehydration has been linked to a reduction in mental performance. Pour your child a tall glass of cold water and have them sip it slowly. You can try this with them, and observe the calming effect this has on your own nervous system.
3. ► **Sing Out-Loud** - Everyone knows the sweet relief associated with rocking out to your favorite tune. But the physical act of singing out loud, even if it is off key, has been shown to release endorphins, the "feel good" chemical in the brain.
4. ► **Paint It Out** - Not only does painting give the brain something to focus on other than the stressor, but participating in visual arts has been linked to resilience to stress in general.
5. ► **Take a Hot Bath** - Use bath time as a chance to help your little one unwind from the activities of the day. Introduce a few simple bath toys and allow your child to relax as long as they need to.

Parenting & Child Webinars

Blomquist Hale Solutions recognizes that our community is struggling to deal with the stress and anxiety that comes along with parenting. We have created recorded webinars that are not only for parents to watch, but kids as well. Check out a few example topics below and head to our YouTube page for access to 60+ recorded webinars. <https://www.youtube.com/BlomquistHale>

- Balance: Is Your Child Burned Out?
- Parental vs Child role: A How to Guide
- Brainstorm: Starting Out The School Year Right
- Seek to Understand
- Suicide: Let's Talk About It!
- Bullying

How to Nurture Your Child's Mental Health

Help Your Children Build Strong, Caring Relationships:

It's important for children to have strong relationships with family and friends. Spend some time together each night around the dinner table. A significant person who is consistently present in a child's life plays a crucial role in helping them develop resilience. This person—often a parent or other family member—is someone your child spends a lot of time with and knows they can turn to when they need help.

Show Lots of Love and Praise:

Praise them when they do well. Recognize their efforts as well as what they achieve. Ask questions about their activities and interests. Help them set realistic goals.

Listen & Respect Their Feelings:

It's okay for children and youth to feel sad or angry. Encourage them to talk about how they feel. Keep communication and conversation flowing by asking questions and listening to your child. Mealtime can be a good time for talking. Help your child find someone to talk to if they don't feel comfortable talking to you.

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