

# RAISING CHILDREN TO BE WELL

## Web Resources:

[www.kidsmentalhealth.ca](http://www.kidsmentalhealth.ca)

<http://longlivekids.ca/mental-wellness>

<http://www.search-institute.org/>

### Watch these 2-3 minute videos to learn about building healthy children:

#### Why your happiness matters

[http://greatergood.berkeley.edu/gg\\_live/parenting\\_videos/video/why\\_your\\_happiness\\_matters/](http://greatergood.berkeley.edu/gg_live/parenting_videos/video/why_your_happiness_matters/)

#### Dealing with Misbehaviours

[http://greatergood.berkeley.edu/gg\\_live/parenting\\_videos/video/how\\_to\\_deal\\_with\\_misbehavior/](http://greatergood.berkeley.edu/gg_live/parenting_videos/video/how_to_deal_with_misbehavior/)

#### Impact of Media on Child Development

<https://www.youtube.com/watch?v=joQUfSGom94&list=PLXYSd3E5ACSibc8T-8cbosQO-eBl2Qmf0>

#### Addressing Cyberbullying

<https://www.youtube.com/watch?v=o7U46wCr8NY&list=PLXYSd3E5ACSibc8T-8cbosQO-eBl2Qmf0&index=2>

#### Promoting Mental Wellness

<https://www.youtube.com/watch?v=KXJ-E7Pu-HJU&list=PLXYSd3E5ACSisQJkOx1MU-SHmoDW4HxTJ&index=2>

#### Internet Safety

<https://www.youtube.com/watch?v=cEN9-1IL6VU&list=PLXYSd3E5ACSibc8T-8cbosQO-eBl2Qmf0&index=1>

## WHAT PARENTS SHOULD KNOW ABOUT MENTAL WELLNESS

Parents play a key role in nurturing the development of children. Emotionally healthy children enjoy life and are able to cope during stressful situations. It is normal for children to experience a range of emotions sometimes be sad or angry, worried or fearful. These emotions are normal. Sometimes children can also experience mental health and wellness struggles in their day to day lives. Mental health concerns in children can be related to school stress, friendships and relationships, conflict at school or in the home, or adapting to new situations. Often children do not share their feelings and concerns with their parents; therefore a strong parent/child relationship is important. Determining a physical health problem in children is easy for parents however; sometimes spotting mental illness is more complex. Here are some warning



signs of mental health concerns according to Children's Mental Health Ontario;

- ◆ constant worry
- ◆ not sleeping properly
- ◆ loss of appetite
- ◆ angry outbursts
- ◆ experiencing mood swings
- ◆ lacking motivation or energy

- ◆ hitting or bullying other children
- ◆ self harm

For additional information about mental health go to <http://www.kidsmentalhealth.ca/parents>

## HELPING YOUR CHILDREN FEEL GOOD ABOUT THEMSELVES

Today's families, especially our children, are under tremendous stress. The stress comes from many factors. It is important to help the child build confidence and learn to believe in himself. A child's belief in her own abilities comes from practicing skills to become better at

certain tasks. By helping a child to do things on their own and learn how to make mistakes is one of the best ways we can help our child grow. Let him know when at first they do not succeed to try again. You can build confidence in your child by focusing on her strengths not her weakness-

es. Recognize when he has done well. Praise honestly and help the child learn how to reach his goals. As well, help your child become a caring person for others and encourage her development of faith in her life. Support his work in school for it is his pathway to a great life. Getting an education means a greater chance of obtaining a good job.



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