

Keeping **KIDS** Active

AUGUST 2020 // WEEK 1 // PAGE 1
Nurturing Your Child's Mental Health

As a parent you play an important role in your child's mental health. Things you say and do can promote good mental health. Check out these tips from https://www.caringforkids.cps.ca/handouts/mental_health

Help your child build a strong, caring relationship

- Spend time together each night around the dinner table.
- When you are consistently present, it helps your child develop resilience and they know they can come to you when they need help.
- Show and work with your child on how to solve problems.

Help your child develop a self-esteem to feel good about themselves

- Show lots of love and acceptance.
- Praise them when they do something well and recognize their efforts.
- Ask questions about their interests.
- Help them set realistic goals.

Listen and respect your child's feelings

- Encourage them to talk about their feelings even when they are happy, sad, angry or hurt.
- Keep good communication and conversation.
- Help your child find someone to talk to if they are not comfortable talking with you.

Create a safe and positive home environment

- Be aware of your child's screen time and time on social media.
- Be careful about discussing serious adult family issues around your child.
- Give time for physical activity, play, and family time.
- Be a role model by taking care of your own mental health.

Help your child solve problems

- Teach your child how to relax when they feel upset.
- Talk about possible solutions or ideas to solve the problem.
- Try not to take over solving the problem, and try more to include them in fixing it.

How to know when your child is having difficulties with their mental health

Changes in thinking

- Saying negative things about themselves
- Blaming themselves for things out of their control
- Trouble concentrating
- Frequent negative thoughts
- Changes in school performance

Changes in feelings

- Bigger reactions or feelings to a situation
- Seems unhappy, worried, guilty, fearful, sad or angry
- Feeling helpless, hopeless, lonely or rejected

Changes in behaviour

- Often wanting to be alone
- Crying easily
- Showing less interest in activities they normally enjoy
- Over-reacting, or sudden outbursts over small incidents
- Less energetic and seems quieter than usual
- Trouble relaxing or sleeping
- Trouble getting along with friends

Physical changes

- Headaches, tummy aches, neck pain
- Lack of energy
- Feeling tired all the time
- Sleeping or eating problems
- Nervous habits such as nail biting or hair twisting

Remember just because you notice one or more of these things, it does not always mean your child is struggling with mental health. It's best to speak with them and find out more on how they are doing. If you are unsure, it is best to get help.

When to get help

- If the behaviours above last for a while or interfere with your child's ability to function.
- If you have concerns about your child's emotional and mental health.
- If your child talks about suicide or harming themselves, contact your doctor, local mental health crisis line, or health centre to speak with a mental health counselor.



NEED TO TALK? SUPPORT IS AVAILABLE!
Contact your health centre for available supports.

Keeping **KIDS** Active

AUGUST 2020 // WEEK 1 // PAGE 2
Activities for Kids

Cree **WORD** OF THE WEEK

wâposwak
rabbits

KTC KIDS CHALLENGE OF THE WEEK

Imagine a new ending for a story

Hey kids! In the next book that you read, read it until the end, then try and come up with a new version for the ending! Or do this with a book you've already read. Either way, coming up with a new ending can be fun, and you can write it down if you like!

LET'S MAKE

STRAWBERRY WATERMELON SLUSH

Source: <https://www.tasteofhome.com/recipes/strawberry-watermelon-slush/>

Ingredients

- 1/3 cup lemon juice
- 1/3 cup sugar
- 2 cups cubed seedless watermelon
- 2 cups fresh strawberries, halved
- 2 cups ice cubes

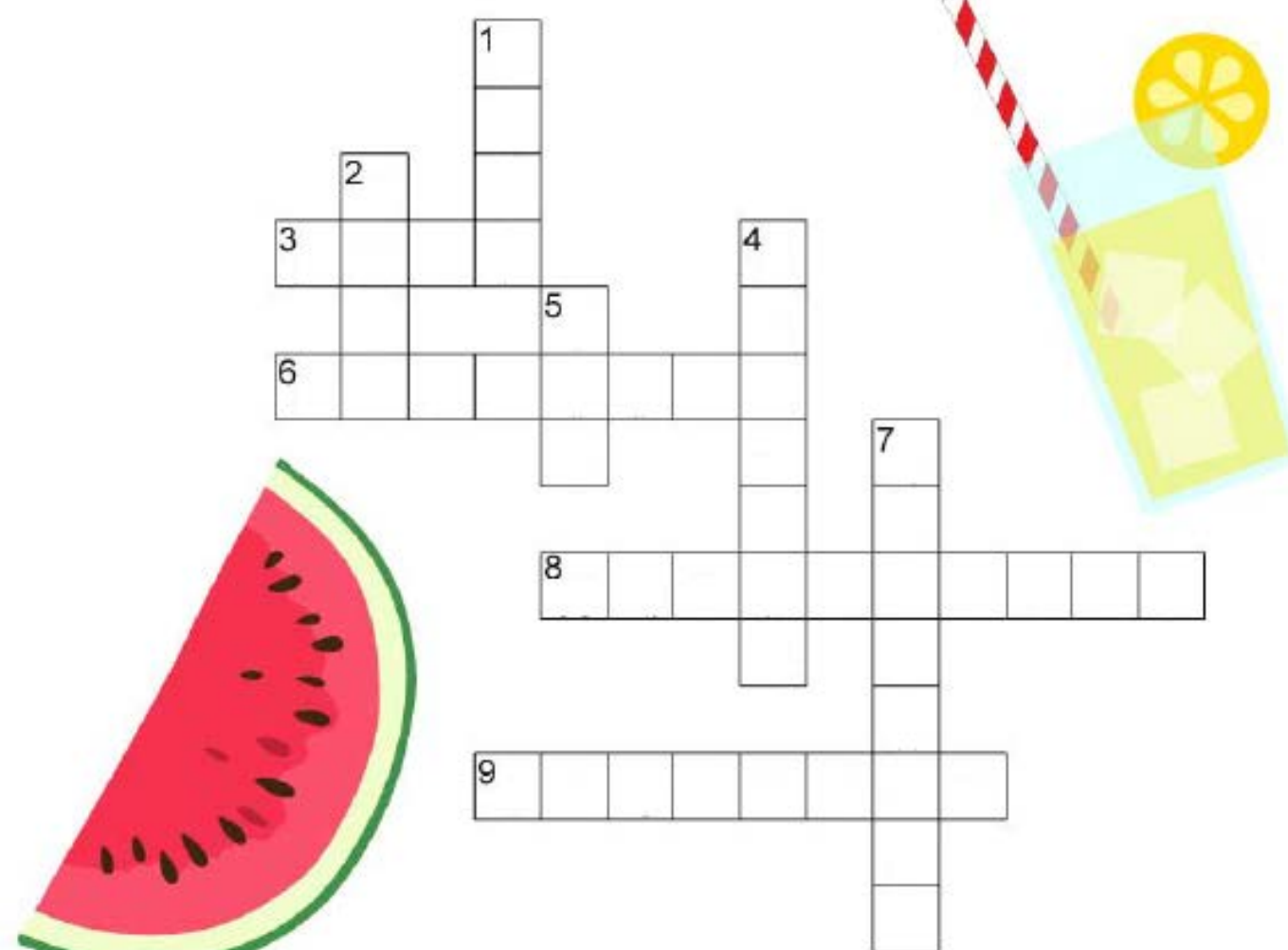


Directions

- Place the first 4 ingredients in a blender.
- Cover and process until smooth.
- Add the two cups of ice cubes.
- Cover and process again, until slushy.
- Enjoy right away!

GAME OF THE WEEK

Cold things in Summer!



Across

- 3. Chunks of ice that fall from clouds.
- 6. Crushed ice flavored with syrup.
- 8. A fruit that is 92% water.
- 9. Frozen flavored treat made using milk.

- 4. A Machine that keeps stuff cold.
- 5. Frozen water.
- 7. A yellow citrus drink.

Down

- 1. Artificial body of water found in back yards.
- 2. Water that falls from clouds.



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