



## **Mental Health in Childhood**

Good mental health is important for everyone. Even young children can learn how to cope with their emotions, become resilient and develop positive relationships. This is called 'social and emotional learning'.

School work can be affected by how a child is feeling. Children are more ready to learn when they feel emotionally stable.

Family has the biggest influence on a child's mental health. Help your child to build their resilience by:

- Providing love and security
- Listening to their concerns
- Providing them with reassurance
- Building their strengths while allowing for vulnerabilities
- Talking to school staff, and being part of the school community
- Seeking additional help if necessary

For further information, please contact your school's Community Health Nurse or school psychologist.