

Help Your Kids Find Their Words | Kaiser Permanente

As parents, supporting our children's mental health is one of the most important things we can do. But many of us don't know where to begin. These three tips are a great first step.

Talking often and honestly, especially about your own struggles, is an invaluable way to help your kids identify what's common and what's not. Try having your first conversation about mental health as soon as possible because that will make any future conversations much more comfortable.

If possible, these discussions should happen in a distraction-free space. Remember to listen much more than you talk and stay supportive or neutral, even if your child says something you find alarming. Most importantly, let your kids know you'll always be there for them.

Teaching your kids good habits like mindfulness, meditation, and exercise are essential to their daily self-care. In fact, you should participate, too.

Because when you work on your own mental health, it will be easier for your kids to learn from you.

Practicing positive emotions like love, gratitude, and compassion can help your kids recover from hardships. Most importantly, always remember to show your children empathy.

Acknowledge their feelings because sometimes they may feel relief simply by being able to share their struggles with you.

Explore findyourwords.org to learn more about helping your children with their mental health.

Video Duration: 0:01:27