

Guidelines for Parents and Educators on Promoting Children's Mental Health

Establish a sense of belonging. Children's positive adjustment, self-identification, and sense of confidence in others and themselves depend on feeling connected and welcomed. Work on creating strong bonds between children, parents and educators to promote this sense of belonging.

Develop resiliency. While it's natural to want to protect children from adversity, there will always be some adversity in children's lives. As parents and educators, you want to help them develop the problem-solving skills needed to overcome and challenges they face.

Strengthen action skills. Following on from the above point, it's important to teach children the skills needed to overcome challenges. Children feel more competent and are better equipped to handle stress constructively when they succeed academically and develop their unique abilities and interests. Social competence is another key skill for children. Having friends and maintaining relationships with friends and family can improve mental wellness.

Ensure a happy, secure environment in the classroom. A sense of security is essential when promoting mental health in children. Encouraging kindness and sharing within the home and classroom helps a lot with creating that sense of security as does teaching children about why bullying is wrong. Be clear about the conduct you expect from children, and make sure that adults are present in public spaces like corridors, cafeterias, locker rooms, and playgrounds. Children should be taught to stand up to bullies collectively, encouraged to reach out to isolated or excluded classmates, kindness should be celebrated, and the availability of adult help should be emphasized.

Encourage good decision-making and behavior through teaching it. Again, be clear about the standards you expect from children, and model them yourself. Teaching social, problem-solving, and conflict-resolution skills to youngsters will also promote mental health. Offering positive feedback when children succeed will show them the benefits of following these standards.

Promote doing good deeds. You can teach children that they can make positive changes to their own environment. Self-esteem is increased, connections are fostered, personal responsibility is reinforced, and possibilities for positive reinforcement are presented by pro-social activity. Being involved in the community is reinforced through helping others.

Encourage physical fitness. Strong mental health is supported by good physical health. Kids are able to cope with stressful situations when they have access to healthy food, frequent exercise, and enough sleep. Negative emotions such as worry, anger, and despair are also reduced by regular exercise.

Inform staff, parents, and kids on the signs of and resources for mental health issues.

Information makes it easier for adults and kids to know when to seek help and reduces the stigma associated with mental health. Professionals in school mental health can offer helpful knowledge on the signs of issues like depression or a risk of suicide. Changes in routines, withdrawal, a decline in social and academic performance, erratic or altered behavior, and an increase in health complaints are a few examples.

Ensure that mental health services are available at schools. There are a whole range of mental health services for students, from school psychologists, counselors, and social workers, including universal mental wellness promotion, behavior supports, staff and parent training, identification and assessment, early interventions, individual and group counseling, crisis intervention, and referral to community services. Ensure you have services on hand that can help, should students need it.

A continuum of mental health services should be offered. Having resources available outside of school will also help with children's mental health. Establish connections with local mental health resources. Be able to give parents names and phone numbers.

Create a team for crisis management. In order to protect the physical and emotional health of students, it is crucial to be ready to act in an emergency. Administrators who are pertinent, security staff, and mental health specialists who work with community resources should be included on school crisis teams. The team offers assistance for mental health prevention, intervention, and postvention in addition to safety.