

Supporting A Child's Mental Health

Five tips to encourage healthy habits now - and throughout - their lives.

1.

EXERCISE

Increasing blood flow is critical, even for a few minutes. Have a jumping jack contest, go for a walk with your child, stretch for 10 minutes, or create a multi-day family exercise competition.

2.

DRINK WATER

Water improves brain function. Buy a fun water bottle, create a water drinking goal for the house, and incorporate water charts or apps to track progress.

3.

REST & RECHARGE

Encourage rest from electronics. Set aside 30-45 minutes per day that includes no screen time. Read a book, take a nap, meditate, start a journal - be purposeful about creating a time to reset their minds each day.

4.

KEEP CLEAN

Maintain good hygiene and grooming. It's easy to be lax about this but showering daily, brushing teeth, and putting on clean clothes helps them mentally and physically prepare for their day.

5.

SIMPLIFY

Help them simplify. For anything they are struggling with, reduce the physical or mental clutter - help them clean their room, organize their school supplies/desk, write their daily schedule on a whiteboard, etc.



#WEAREALLJAKE