



HOW TO TALK TO YOUR KIDS ABOUT EMOTIONS

MIND HEALTH MATTERS!

IDEAS FOR SELF CARE

- Ask your child about what they like to do outside of using technology and set aside **at least 15 minutes** a day to complete this activity
- This activity could be **reading a new book**, making **arts and crafts**, **playing as a family** or **going on a bike ride**.
- **Reflective journaling** can also be an important tool to teach kids how to express their emotions. Prompts can be found at <https://rb.gy/vkbamy>.

- Start by talking about your own feelings. Bringing up your own feelings as they arise teaches your child that **it is okay** to express how they are feeling. Modeling emotional expression also teaches children how to properly label their own emotions.
- Make a point to ask your child how they are feeling once a day at a regular time. Ask them specifically what made lead them to feel that certain emotion. Most importantly validate their experiences by acknowledging its okay to feel that way.





WHAT IS SELF CARE?

Self care can mean many things! It encompasses activities that improve your well-being and counteract stress. Self care activities should make you feel more relaxed and recharged mentally, physically, and emotionally. Ideally, this should be a regular practice so as to prevent burnout, fatigue, and over-exhaustion.

WHY SELF CARE IS IMPORTANT FOR CHILDREN

Self care may not look the same for every child, but it can help decrease stress and improve relationships! Self care helps children acknowledge their physical and emotional wellbeing; it promotes awareness of mental health starting at a young age. Therefore, if any mental health concerns arise, a child will be able to express themselves in a less impulsive way. Starting self care at an early age will help children maintain the self care routine as they grow up.

GUIDED BREATHING

The 4-7-8 breathing technique can be used to help reduce some of the physiological symptoms of anxiety and can help a person calm down if they are feeling stressed

First Step: Plant both your feet square on the ground, a foot apart, and sit up straight

Second Step: Empty your lungs of air and close your eyes

Third Step: Breath in through your nose for 4 seconds

Fourth Step: Hold your breath for 7 seconds

Fifth Step: Push out your breath in a loud whooshing noise for 8 seconds
Repeat 4 times

* Remember to focus on your breath and clear your head of other thoughts