

How to Take Care of a Child's Psychological Health

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- **Actively Listen:** Actively listen to your child and then offer advice.
- **Speak the Truth:** Always be honest.
- **Be a Role Model:** Exhibit healthy behavior yourself.
- **Acknowledge Feelings:** Recognize your child's feelings and talk about them independently
- **Be Predictable:** Be consistent in your actions and keep your promises.
- **Believe in Your Child:** Have faith in your child and their potential.
- **Show Affection:** Hug your child regularly.
- **Stay Calm:** When your child is emotional, speak calmly. Ask open-ended questions. Discuss boundaries and respect them.
- **Be Present:** When possible, don't rush or hurry your child. Stay in the moment.
- **Read Together:** Share reading time.
- **Teach Safety Rules:** Ensure your child knows safety rules.
- **Respect Personal Space:** Give your child personal space (e.g., private notes, a drawer).
- **Surround with Healthy Adults:** Ensure your child is around psychologically healthy adults.
- **Practice Breathing Exercises:** Teach and practice breathing exercises together.
- **Limit Gadget Time:** Restrict gadget use for the whole family, not just the child.
- **Model Coping with Hurt:** Show your child how to handle hurt feelings through your actions.

The most significant contribution parents can make to their children's psychological health is to address their psychological health. By working through negative beliefs and patterns, you prevent passing them on to your children.