


May 2018

Children's Mental Health Awareness Week is May 6-12, 2018

• Tips for Fostering Resiliency in Your Child •

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
For more information, please visit www.ChildrensMentalHealthMatters.org MHAMd: 443-901-1550 www.mhamd.org MCF: 410-730-8267 www.mdcoalition.org		1 Find out what resiliency means.	2 Download a mindfulness app.	3 Remind your child that it's okay to ask for help.	4 Practice positive self-talk.	5 Schedule a consistent device-free time with your family.
6 Empower your child by teaching that they are in control of their bodies.	7 Model positive & healthy relationships.	8 Learn & practice a new coping skill.	9 Encourage your child to challenge negative thoughts.	10 Offer a safe space for your child to talk.	11 Give feedback without criticism or judgment.	12 Allow your child to overhear you complimenting them.
13 Ask your child what their proudest accomplishment is.	14 Help your child list their strengths & weaknesses.	15 Talk about what you are grateful for.	16 Be consistent in using discipline.	17 Remind your child that nothing is impossible.	18 Don't forget to say "I love you" and "thank you".	19 Take a mindful walk. Notice the sights, sounds, smells & feelings.
20 Encourage your child to try new things.	21 Draw a picture to express how you feel.	22 Tell someone in your family about a time you appreciated them.	23 Encourage your child to try their best & have fun.	24 Name things that help you feel safe & secure.	25 Reframe mistakes by looking for ways to learn from them & make them better.	26 Help your child set realistic goals & create steps to make them happen.
27 Value your child's judgment & teach them to trust their instincts.	28 Show your child that taking care of yourself is important.	29 Teach your child how to be empathetic toward others.	30 Do something kind or helpful for someone unexpectedly.	31 Stay positive about the future & all the exciting things that await your child.	 <p>The Children's Mental Health Matters! Campaign is a collaboration of the Mental Health Association of Maryland & the Maryland Coalition of Families with support from the Maryland Dept. of Health—Behavioral Health Administration. The Campaign goal, with School & Community Champions across the state, is to raise public awareness of the importance of children's mental health.</p>	