Cooking and enjoying food with others helps maintain our mental health

Help your child build confidence and self-esteem:

- Cook together
- Try new foods
- Grow your own veggies and fruit
- Eating with others
- Share food traditions

Have fun with your food, the more hands-on the better!

Adapted with permission from Middlesex-London Health Unit

GRAND ERIE
PUBLIC HEALTH

Mental health is health too!

We often focus on things to improve our physical health, but our mental health is important too.

Here are some tips to promote mental health for you and your child:

- Connect with friends, family and community often
- Eat regular meals together
- Find ways to move your body that you enjoy
- Get a full nights sleep
  - 9-12 hours for youth
  - 7-9 hours for adults

We are all different, find what works for you!

HEALTHY SCHOOLS HALDIMAND-NORFOLK

GRAND ERIE PUBLIC HEALTH

You can help your child cope with life's challenges!

Try asking these questions if your child is struggling with a problem:

- What can you do right now to help fix the problem?
- What caused this problem?
- What is something good that came from this situation?

Here are some ideas to help your child deal with stress:

- Practice deep breathing
- Go for a walk or stretch together
- Find calm through music, reading or art

Helping your child to replace negative thoughts with positive ones can better prepare them to face difficult situations.

Adapted with permission from Middlesex-London Health Unit

GRAND ERIE PUBLIC HEALTH