

Raising healthy minds

# Everyday ways to support your child's well-being

Supporting your child's mental well-being doesn't always require big solutions.

Often, starting with the basics can make a meaningful difference.



- Did my child get enough sleep or quiet time?
- Did they eat regular meals and drink enough water today?
- Did they move their body?
- Did they spend time outdoors?
- Have they connected with someone they trust (e.g. friend, classmate, or family member)?
- Did they take breaks from screens and social media?
- Have they practiced being kind to themselves and others?
- Did they do something helpful or thoughtful today?
- What is one small thing they're grateful for today?
- Have they laughed today?

For more ways to support your child's well-being, visit: [bit.ly/3PUid4C](https://bit.ly/3PUid4C)



**Southeast  
Public Health**