

# Caring For Your Child:

*Mental Health Promotion and Well-Being Information for Parents and Caregivers*

Age	Key Message	Taking Action
0-6	Model health promoting behaviours.	<ul style="list-style-type: none"> <li>• Limit young children’s exposure to substance use.</li> <li>• Use books to fuel conversations with young children about health and wellness.</li> <li>• Play with your child. This is a wonderful way of ensuring that they feel valuable and loved. They also learn key skills around self expression and health.</li> </ul>
	Manage parental stress in order to remain present with your child and attuned to their needs.	<ul style="list-style-type: none"> <li>• Access support and resources when needed.</li> <li>• Take breaks for yourself, care for yourself and then you will be ready to care for your child.</li> <li>• Don’t stress about material things you can or cannot provide.</li> </ul>
	Build a network of support.	<ul style="list-style-type: none"> <li>• Reach out to family members, friends and community supports. They can be a great source of comfort for you and your child.</li> <li>• Bring your child to a local Strong Start Program, Central Okanagan Family HUB and/or other community resources where you can connect with other families and your child.</li> <li>• When you are struggling, you need social connection the most. Don’t isolate yourself when you are struggling or experiencing stress.</li> <li>• Create play dates with your child’s friends. They will get a chance to play and have fun and you can create connections with other families.</li> </ul>
	Children begin to develop control of their emotions and learn it’s okay to make mistakes.	<ul style="list-style-type: none"> <li>• Use books and activities to talk about feelings and emotions using positive language.</li> <li>• Children learn to use words to express themselves, help them develop a “feeling” vocabulary.</li> <li>• Help your child to solve conflicts by encouraging age appropriate problem solving skills.</li> </ul>
	Children learn to develop confidence and self-respect.	<ul style="list-style-type: none"> <li>• Give directions to your child using positive language.</li> <li>• Recognize and encourage positive behaviour instead of focusing on negative behaviours.</li> </ul>

## Resources

### Websites:

- Anxiety BC: [anxietybc.ca](http://anxietybc.ca)
- Healthy Families BC: [healthyfamiliesbc.ca](http://healthyfamiliesbc.ca)
- Here to Help BC: [heretohelp.bc.ca](http://heretohelp.bc.ca)
- KCR – Community Resources: [kcr.ca](http://kcr.ca) (Search “Central Okanagan Family Hub” and “StrongStart Early Learning Centres”)
- Kelty Mental Health: [keltymentalhealth.ca](http://keltymentalhealth.ca)

### Books:

- *The Dolphin Way* by Dr. Shimi Kang (2014)
- *Hold On to Your Kids* by Gordon Neufeld & Gabor Maté (2013)
- *How Children Succeed* by Paul Tough (2013)
- *How to Talk So Kids Will Listen & Listen So Kids Will Talk* by Adele Faber & Elaine Mazlish (2012)
- *Mommy's Different Faces* by Barbara Patterson (2012)
- *My Many Colored Days* by Dr. Seuss (1996)
- *The Monster Who Lost His Mean* by Tiffany Strelitz Haber & Kristie Edmunds (2012)

## Cultural Awareness and Aboriginal Health

It is important to recognize and honour Aboriginal cultural differences in order to foster a sense of belonging, pride and well-being amongst Aboriginal children and youth. Aboriginal families can make connections to culture, language, and traditions, by linking with any of the following programs and services:

- **Westbank First Nation Community Services** 1900 Quail Lane, West Kelowna 250-768-0227
- **Ki'Low'Na Friendship Society** 442 Leon Avenue, Kelowna 250-763-4905
- **Metis Community Services Society of BC** 2949 Pandosy Street, Kelowna 250-868-0351
- **BC Aboriginal Child Care Society** <http://www.acc-society.bc.ca>

Concerned about  
your child's mental  
health? Contact Child  
& Youth Mental  
Health Services:

(250) 861-7301

For the full range of  
community services,  
supports, and events,  
see KCR – Community  
Resources:

[www.kcr.ca](http://www.kcr.ca)