January – Child and youth mental health

Support your child's mental health

Mental health is a key component of healthy child and youth development, and it has an impact on their relationships and their performance in school.

How can parents support positive mental health?

Parents can help support positive mental health by forming strong and caring relationships with their children.

- Connect – talk and listen to their feelings and experiences.
- Be active together – take a walk and build physical activity into family time.
- Take notice – encourage and praise the positive behaviours and choices your children make.
- Keep learning – encourage your child to learn from both positive and negative experiences.
- Give – your time, your words and your presence.

Sometimes, parents feel like they don't know what to say or how to interact with their youth. Learn more about [tips for how to talk to your child or teen about mental health](#).

Get more information about positive mental health for children and youth: [Positive mental health for children - Fraser Health Authority](#)

Find out what services, programs and resources are available for your child and/or youth: [Child and youth mental health - Fraser Health Authority](#)