

MAY 2016

Children's Mental Health Awareness Week is May 1 - 7, 2016

Children's
Mental
Health
Matters.org

A MARYLAND PUBLIC
AWARENESS CAMPAIGN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
KNOW THE STAGES OF CHILD DEVELOPMENT 1	ASK FOR HELP WHEN NEEDED 2	BE CONSISTENT IN USING DISCIPLINE 3	ENCOURAGE YOUR CHILD'S TALENTS 4	LISTEN TO YOUR CHILD 5	SHOW FORGIVENESS 6	FOSTER GOAL-SETTING 7
Show empathy and encourage your child to do the same 8	Be open to your child's ideas 9	Love unconditionally 10	Realize all children are different (and parents/guardians/caretakers too) 11	Get involved in something that you and your child truly enjoy 12	Offer creative outlets for self-expression 13	Ask questions and encourage your child to do the same 14
Discuss strengths and weaknesses 15	Spend time with your child 16	Encourage play (both with others & with self) 17	Offer the opportunity to be involved in clubs/sports/hobbies 18	Promote mutual respect and trust 19	Model love and secure relationships 20	Help your child learn healthy coping skills for dealing with stress 21
Encourage exercise and playing outside 22	Make sure you and your child get enough sleep each night 23	Share beliefs with your child 24	Examine your own problem-solving & coping skills. Are you setting a good example? 25	Praise your child for making decisions 26	Foster your child's self-worth and independence 27	Provide a safe home 28
Encourage participation in family values and practices 29	Foster a "can-do" attitude 30	Stay positive about the future and all of the exciting things that await your child! 31	 TIPS FOR FOSTERING RESILIENCY IN YOUR CHILD			

For more information, please visit www.ChildrensMentalHealthMatters.org. MHAMD: 443.901.1550 • www.mhamd.org • MCF: 410-730-8267 • www.mdcoalition.org

The Children's Mental Health Matters! Campaign is a collaboration of the Mental Health Association of Maryland (MHAMD) and the Maryland Coalition of Families (MCF) with support from the Maryland Department of Health and Mental Hygiene - Behavioral Health Administration. The Campaign goal, with over 250 partners and schools across the state, is to raise public awareness of the importance of children's mental health.