

# May 2017

## Children's Mental Health Awareness Week is May 1–7, 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Help your child learn healthy coping skills for dealing with stress.	2 Show forgiveness.	3 Take deep belly breaths.	4 Help your child acknowledge & accept their feelings.	5 Offer a safe space for your child to talk.	6 Provide opportunities for your child to be challenged.
7 Encourage healthy choices.	8 Remind your child that it's okay to ask for help.	9 Engage in small acts of kindness.	10 Emphasize your child's ability to grow in all things.	11 Create a gratitude journal with your family.	12 Ask child to list their strengths & weaknesses	13 Remind your child that nothing is impossible.
14 Create art together.	15 Model positive & healthy relationships.	16 Show your child that taking care of yourself is important.	17 Ask your child what their proudest accomplishment is.	18 Give feedback without criticism or judgement.	19 Encourage your child to ask questions & if needed, help them find answers.	20 Take a walk together.
21 Slow down & be present with your family.	22 Help your child make a list of what they like about themselves.	23 Encourage your child's self-esteem.	24 Allow your child to overhear you say something positive about them.	25 Nurture a positive view of yourself & your child.	26 Help your child to actively solve problems.	27 Love unconditionally.
28 Offer the opportunity to participate in activities outside the home.	29 Encourage your child to set goals.	30 Be consistent in using discipline	31 Stay positive about the future & all the exciting things that await your child.	<p><b>Tips for fostering resiliency in your child</b></p> <p>For more information, please visit <a href="http://www.ChildrensMentalHealthMatters.org">www.ChildrensMentalHealthMatters.org</a>            MHAMD: 443-901-1550 • <a href="http://www.mhamd.org">www.mhamd.org</a>            MCF: 410-730-8267 • <a href="http://www.mdcoalition.org">www.mdcoalition.org</a></p> <p>The Children's Mental Health Matters! Campaign is a collaboration of the Mental Health Association of Maryland (MHAMD) &amp; the Maryland Coalition of Families (MCF) with support from the Maryland Department of Health &amp; Mental Hygiene—Behavioral Health Administration. The Campaign goal, with over 300 School &amp; Community Champions across the state, is to raise public awareness of the importance of children's mental health.</p>		

