

Empowering Your Child: Supporting Children Mental Wellbeing

Key Takeaways

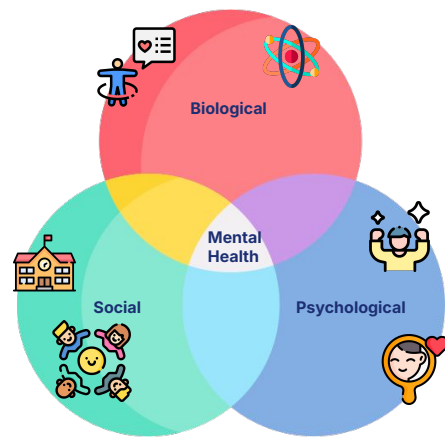
1

What is children’s mental wellbeing?

Mental health is how children think and feel about themselves and the world around them. It affects how they cope with life’s challenges and stresses.

Good mental health supports children's social, emotional, mental, and physical development.

Just as crucial as their physical health, a child’s mental health and emotional development are essential.



2

The Canvas of Childhood



Attachment Patterns



Socialisation



Emotional Development



Cognitive Development



Trauma and Resilience

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Practical Approaches to Support Children’s Wellbeing



Be an open communicator



Help your child gain personal control and confidence



Be a positive role-model



Spend quality time with them

Need a bit more help?

Check out this article on the Intellect app on **Fostering Mindfulness in Children** to care for their mental wellbeing



Take charge of your mental health today!

Go on Intellect Web (<https://app.intellect.co>) or download the Intellect app now and embark on a journey of personal wellbeing.

