

# May 2022

## Children's Mental Health "Acceptance" Month!

### Daily Tips for Fostering Resiliency in Your Kids!

Children's Mental Health Matters!						
<p><b>G.E.A.R.</b> (Gaining Empowerment Allows Results) <b>Parent Network</b> – Maine's only statewide totally parent run organization raising public awareness of the importance of children's mental health. Together we can end the stigma that leads to bias and discrimination and to build a healthy environment that emphasizes children's strengths.</p> <p>For more information: 1-800-264-9224 , <a href="http://www.gearparentnetwork.org">www.gearparentnetwork.org</a> or find us on Facebook!</p>						
1	2	3	4	5	6	7
<b>National Children's Mental Health Acceptance Week!</b>	Be consistent in using discipline.	Encourage your child to try their best and have FUN!	Learn what resiliency means.	Schedule a consistent device free time with your family.	Remind your child that nothing is impossible.	Model positive and healthy relationships.
8	9	10	11	8	13	14
Show your child that taking care of <u>yourself</u> is important.	Encourage your child to try new things.	Talk about what you are grateful for.	Remind your child that it's okay to ask for help.	Help your child list their strengths and weaknesses.	Learn and practice a new coping skill.	Take a mindful walk. Notice sights, sounds, smells and feelings.
15	16	17	18	19	20	21
Offer a safe place for your child to talk.	Teach your child how to be empathetic toward others.	Allowing your child to overhear you complementing them.	Do not forget to say "I love you" and "thank you".	Draw a picture to express how you feel.	Name things that help you feel safe and secure.	Encourage your child to challenge negative thoughts.
22	23	24	25	26	27	29
Give your child feedback without criticism or judgment.	Reframe mistakes by looking for ways to learn from them and make them better.	Ask your child what their proudest accomplishment is.	Empower your child by teaching that they are in control of their bodies.	Value your child's judgment & teach them to trust their instincts.	Stay positive about the future & all the exciting things that await your child!	Do something kind or helpful for someone expectantly.
30	31					
Practice positive self-talk. 😊	Download a mindfulness app.		For more information: 1-800-264-9224			