

Helping Your Child Check in with Their Feelings

Why It's Important

When children and teens regularly take time to think about how they're feeling, they'll better understand their thoughts, emotions, and behaviors. This practice will help them identify and express their needs, learn coping skills, and build resilience.

Tips for Supporting Children and Teens

The following Checkup for Your Mind Tool outlines an exercise that can help your child or teen reflect on their mental health. Here are some ways to support them:

Create a safe environment.

Listen, avoid judgment, and make them feel comfortable.

Lead by example.

Prioritize your own mental health and openly discuss your feelings.

Be patient and supportive.

Reassure them that you're available and that it's okay to ask for help.

Teach coping skills.

Practice relaxation techniques, meditation, or hobbies together.

Look for changes.

Changes in behavior, mood, or habits could be signs of mental health issues. Proactively address concerns and get professional support if needed.

Seek immediate help if your child mentions self-harm or suicide.

Conversation Starters for Parents or Caregivers

Is anything worrying you with school/friends/family?

Can you tell me more about what's happening?

How have you been sleeping lately?

You seem a little down today. Do you feel sad?

Do you know what's bothering you?

What might help you feel better?

Does anyone bother you at school?

What do you wish you could talk to me about?

Do you sometimes wish you weren't alive at all?

Would you like to talk to someone else about this?

For children with disabilities, consider using visual aids, simplified language, or alternative communication methods. Emphasize the importance of self-awareness, and provide concrete examples or scripts to help them recognize and express their emotions.




A Checkup for Your Mind

My goal today:

Something I like about myself:

Something I'm grateful for:

My current mood:



Things I've done today:

Took a shower	Moved my body	Ate yummy food	Drank enough water
Went outside	Did something kind for someone else	Took a break from screens and social media	Was kind to myself with my thoughts
Thought about what I'm grateful for	Connected with someone	Got enough sleep	Took my medication (if needed)

What I can do to help myself:

- Talk to a friend or loved one
- Take deep breaths
- Read a book, journal, do art
- Clean something
- Listen to music
- (Add your own)

Tomorrow, I can try: