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?

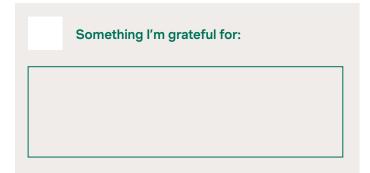
Would you like to talk to someone else about this?

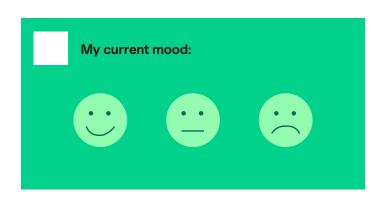
For children with disabilities, consider using visual aids, simplified language, or alternative communication methods. Emphasize the importance of self-awareness, and provide concrete examples or scripts to help them recognize and express their emotions.

A Checkup for Your Mind

My goal today:







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

What I can do to help myself:			
Talk to a friend or loved one	Clean something		
Take deep breaths	Listen to music		
 Read a book, journal, do art 	(Add your own)		

Tomorrow, I can try:	