

## LET'S TALK

# Emotional and Physical Health

## WITH OUR KIDS!



## Tips for Successful Discussions

**TAKE OPPORTUNITIES TO TALK WITH YOUR CHILD ABOUT MAKING POSITIVE CHOICES FOR THEIR EMOTIONAL AND PHYSICAL HEALTH.**

### WHY IS IT IMPORTANT?

Helping children think about why they do or react differently in different situations can help them build confidence in their decision-making skills.

### IDEAS FOR PARENTS/GUARDIANS

Talk about why we choose certain foods and how we feel when we eat them.

Avoid referring to “good” and “bad” foods. Focus on what they need to fuel their bodies and that occasionally eating a food just for enjoyment is alright.

Discuss how traditional foods are part of connecting with the community.

Schedule time during the week to engage in physical and/or outdoor activities in your community.

Check out:

- [Kids' Health](#)
- [Centres for Disease Control and Prevention](#)
- [Physical Activities for Children \(CDCP\)](#)

**DISCUSS STRATEGIES FOR REGULATING EMOTIONAL WELLBEING AND HELP STRENGTHEN YOUR CHILD'S ABILITY TO UNDERSTAND AND MANAGE EMOTIONS.**

### WHY IS IT IMPORTANT?

Empowering children about the importance of self-regulation and taking responsibility for their actions can help them maintain positive relationships with their peers, family, and community.

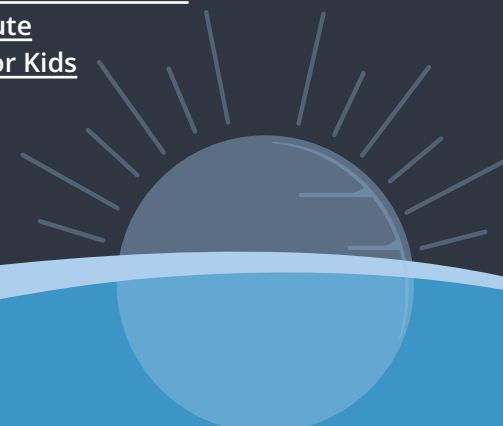
### IDEAS FOR PARENTS/GUARDIANS

Eating meals together is a great opportunity to check in on your child's emotional state and to model expressing feelings.

Explore a variety of strategies with your child that might help them self-regulate.

Check out:

- [After school questions with kids](#)
- [Child Mind Institute](#)
- [Self-Regulation for Kids](#)



## **ENCOURAGE YOUR CHILD TO THINK ABOUT SUPPORT SYSTEMS (E.G., FAMILY, SCHOOL, AND COMMUNITY MEMBERS) WHO CAN PROVIDE THEM WITH HELP AND SUPPORT WHEN IT IS NEEDED.**

### **WHY IS IT IMPORTANT?**

Children experience many bodily and emotional changes as they grow and it's important that they have someone that they can connect with or feel safe talking to.

### **IDEAS FOR PARENTS/GUARDIANS**

Have conversations with your child about who might be included in their support network.

Talk with them about saying "no" and setting boundaries with adults and peers.

Check out:

- [The Canadian Center for Child Protection](#)

## **DISCUSS STRATEGIES WITH YOUR CHILD FOR ENGAGING WITH SELF-CARE HABITS.**

### **WHY IS IT IMPORTANT?**

Self-care is a basic need of being human! Equipping kids with self-care strategies is empowering them to better understand how their decisions can impact their emotional, mental, and physical health.

### **IDEAS FOR PARENTS/GUARDIANS**

Talk about how being physically active (whatever that looks like for them) and taking time for themselves makes them feel.

Model simple acts of self-care to show that taking care of ourselves, and each other, is important.

Check out:

- [Self-Care for Kids \(PBS\)](#)
- [Prodigy: Self-Care](#)
- [Self-Care Tips for Children](#)

## **TALK WITH YOUR CHILD ROUTINELY ABOUT HOW THEY ARE FEELING.**

### **WHY IS IT IMPORTANT?**

Everyone has mental health. It reflects our ability to balance happiness and sadness, to enjoy good things, to accept and address bad things, and to achieve comfortable relationships with a broad number of people. Like physical health, mental health is important at every stage of life.

### **IDEAS FOR PARENTS/GUARDIANS**

Talk about strategies for overcoming frustration and disappointment.

Brainstorm what it looks like and how it feels when they feel good about themselves.

Check out:

- [Social and Emotional Development](#)

